

12-15-24 FOR THE JOURNEY THIS WEEK

“...the joy we celebrate today [Third Sunday of Advent] is anchored, not in bright circumstances but in the Christ-aided direction of our minds toward joy, toward others, toward God in prayer, and toward God's best things.”

Allen Hilton



Philippians 4:4-7

Questions for Reflection —

- What does joy mean to you? Would you describe yourself as a generally joyful person? Why or why not? Who or what has occasioned your past experiences of joy? What does joy look like in relation to the life of faith? What does it mean to rejoice in the Lord always? How can you remain more open to and savor God's wonders and surprises you encounter in daily life?

- When/how have you received the gift of joy during challenging times? What worries and anxieties are you currently carrying? What do you need in order to replace those worries and anxieties with prayer and thanksgiving? What does it look like to rejoice regardless of external circumstances? What will enable you to find inner peace and contentment in trying times? What will replenish the deeper sources of joy within you?

- How can you cultivate rejoicing as an ongoing habit? How would that manifest in your attitudes and external behaviors in the context of your daily life? How do you celebrate God's presence with you in the ordinary and familiar moments? How do you share your joy with others? Where/how might you be called to be a source of joy for someone else? How can your experience of joy provide inspiration for helping those in need?

Daily Household Prayer

Eternal Creator, with you each moment of life is full of wonder and surprise. We pray you to make us watchful as we await the coming of Christ. Grant that we may not be found sleeping in sin, but awake and rejoicing in your newness of life. Through the same Jesus Christ our Savior, Amen.