



May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. *Romans* 15:13



In Romans, we hear that joy can come from God

Spend a minute in silence thinking of the things that bring you joy today.

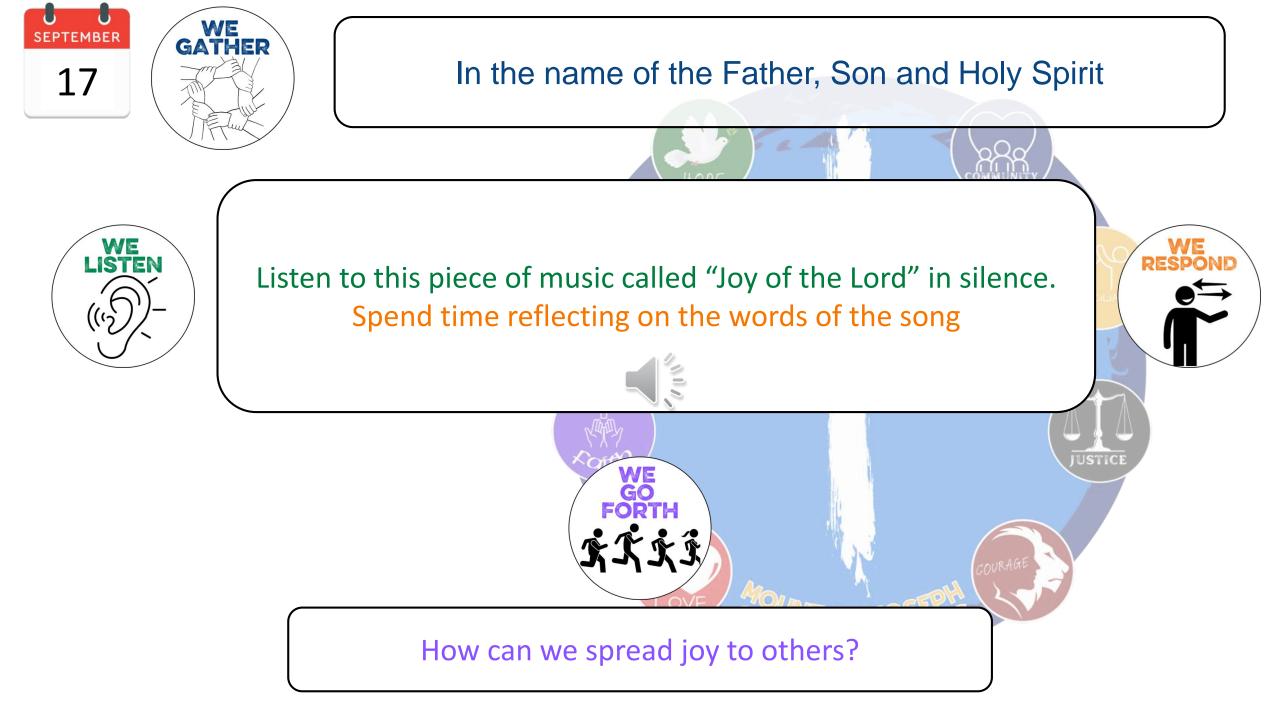


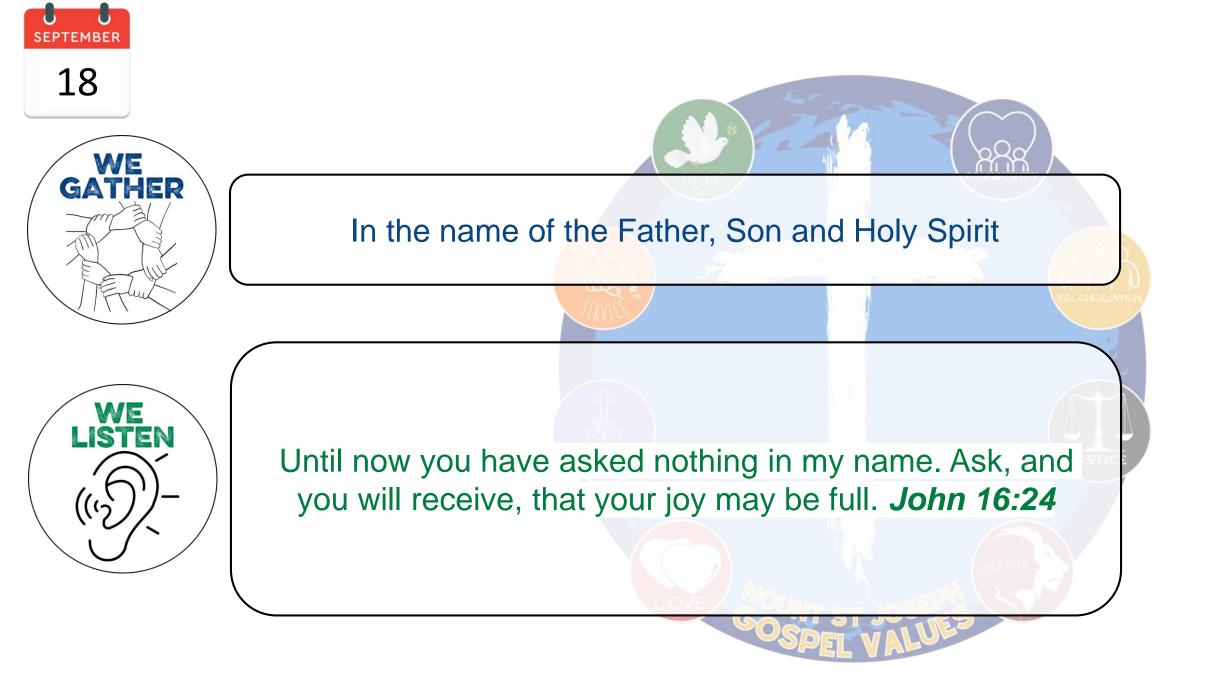


Let's pray together the words of The Lord's Prayer

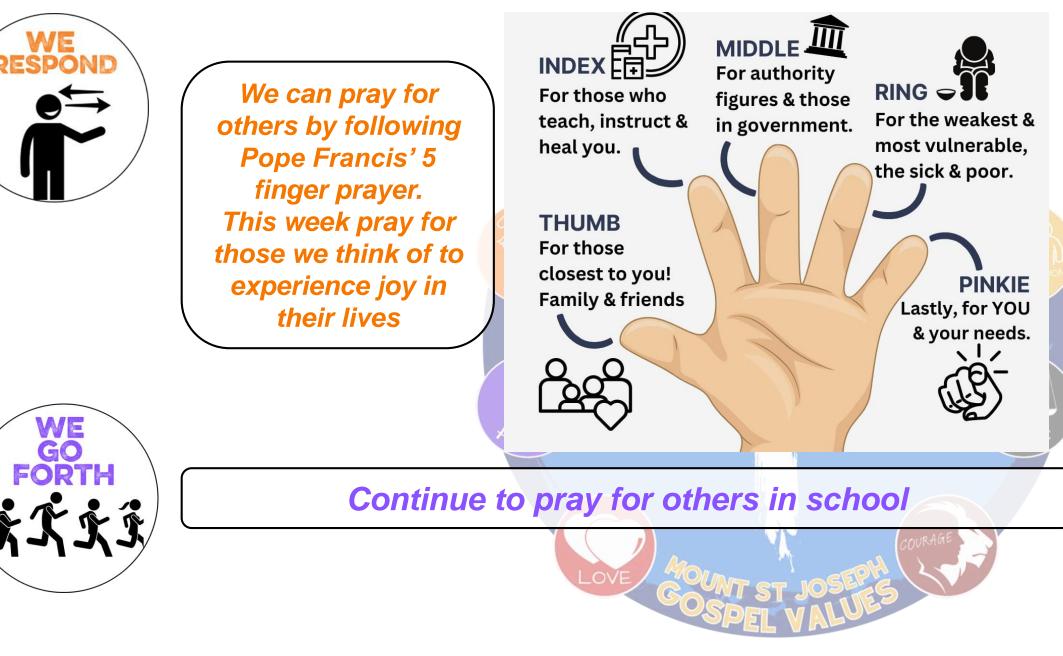
Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

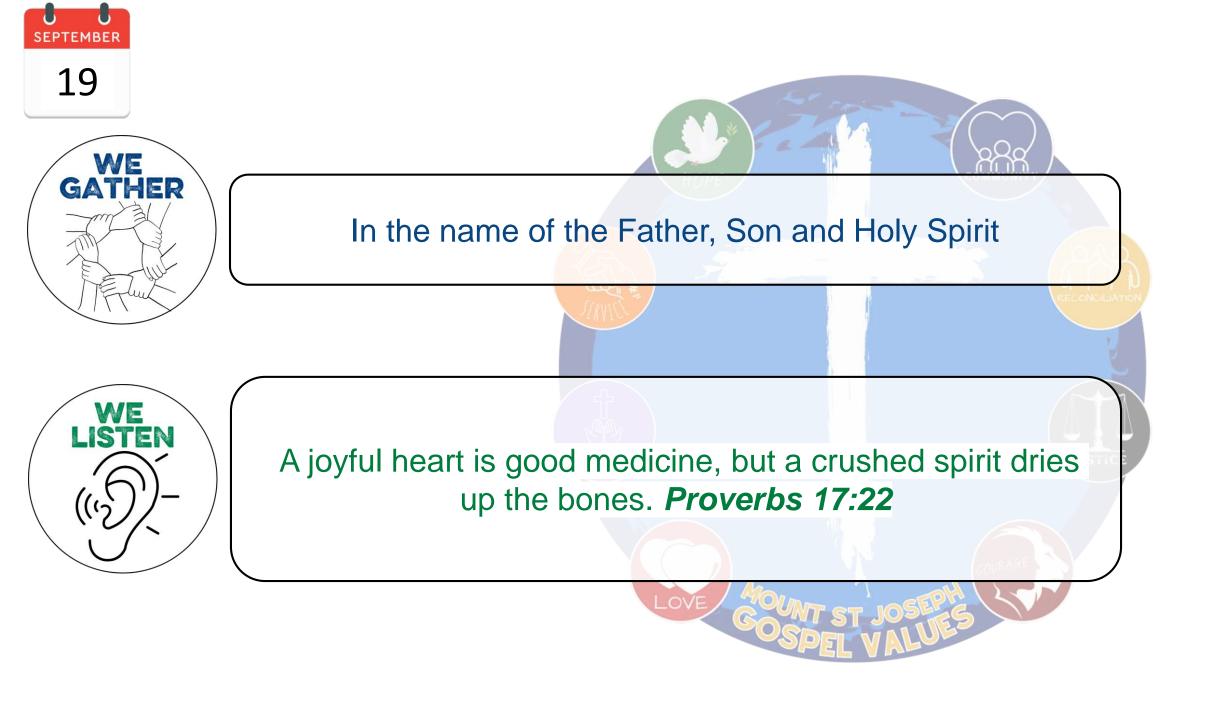
St Joseph, pray for us.













God, we come before you to ask for joy in our lives, help us see the positive things everyday and share joy with others.

Lord, in your mercy - Hear our prayer

For those who are suffering in our country, when times are tough help them in their time of need and give them hope for a joyful future.

Lord, in your mercy - <u>Hear our prayer</u>

And for our world that is so often filled with sadness and despair, we ask you to pour out your love and bring healing to our world so that joy may reign.

Lord, in your mercy - Hear our prayer



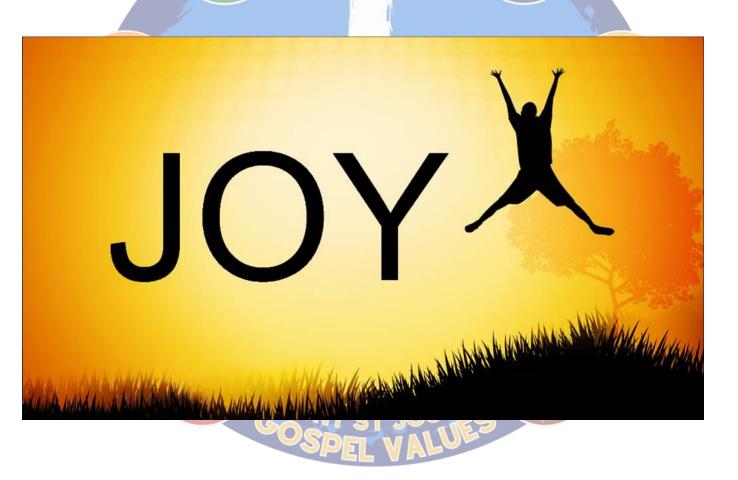
How can we stay focused on joy even when times are hard?



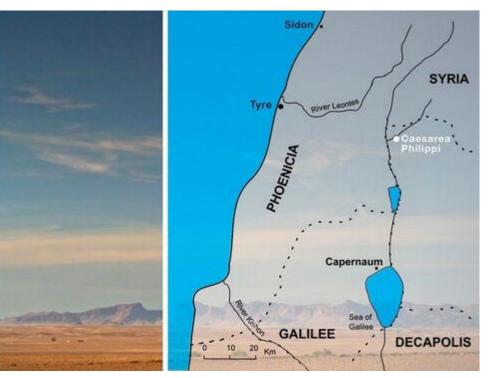


In the name of the Father, Son and Holy Spirit

What are you joyful about today?







Peter Confesses Jesus as the Christ

And Jesus went on with his disciples to the villages of Caesarea Philippi. And on the way he asked his disciples, "Who do people say that I am?" And they told him, "John the Baptist; and others say, Elijah; and others, one of the prophets." And he asked them, "But who do you say that I am?" Peter answered him, "You are the Christ." And he strictly charged them to tell no one about him.





Jesus Foretells His Death and Resurrection

And he began to teach them that the Son of Man must suffer many things and be rejected by the elders and the chief priests and the scribes and be killed, and after three days rise again. And he said this plainly. And Peter took him aside and began to rebuke him. But turning and seeing his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are not setting your mind on the things of God, but on the things of man."

And calling the crowd to him with his disciples, he said to them, "If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it.

Jesus explains that following him is not going to be easy. We may not have to die on a cross, but we will have to put other people before ourselves, potentially suffering, even just a little, to do so. However, just as with Jesus, after death comes resurrection. Being a Christian may be challenging but it will bring us life and joy!





Decide on one thing you can do today to help others. Maybe you will have to give up some of your free time to help out at home. Can you help tidy up, clean out a pet's cage, play with a brother or sister or make someone a cup of tea?
In the quiet of your mind, ask God to help you put your good intention into practice.

 You may like to write your good intention down and put it on your sacred space / PDT board – and check on Monday if you've completed your good deed!



Love is patient, love is kind. It does not envy, it does not boast, it is not proud.