

## Question 6

What gives you a deep sense of joy?



## Question 6, Scripture

*Gospel of St John, Chapter 20, verses 19-20.*

*The day of Christ's Resurrection – Jesus appears to the disciples*

In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jewish authorities. Jesus came and stood among them. He said to them, "Peace be with you." And after saying this, he showed them his hands and his side. The disciples were filled with joy at seeing the Lord, and he said to them again, "Peace be with you. As the Father sent me, so I am sending you." After saying this he breathed on them and said, "Receive the Holy Spirit."

### Sharing the Blessing

**What caught your attention? A word or little phrase, or picture?**

**What is going on here? What does it say about Jesus? About the disciples and how they felt?**

- How did you feel in your own experience of deep joy? What was the range of emotions? Looking back, what are the blessings that stay with you from this experience?
- What might God be saying to you about your life, and the whole mystery of God being with us in our experiences in different ways, bringing a surprising gift of joy? A word of blessing, or encouragement? "I feel blessed because..."

### Closing Prayer

*Holy Mystery of God,*

In our past, and in our present, in this place and at this moment,  
You come to make our joy complete, surprising us in wonder, blessing us with  
peace. As we count the blessing of joy in the ordinary and extraordinary reality  
of our lives, renew us through the telling of our stories,  
And fill us afresh with the strength that comes from your joy, whatever our  
circumstances.

We make this prayer through Jesus Christ Our Lord.

AMEN

*The Counting our Blessings Prayer*

Let our friendships be strong, O Lord, that they become a blessing to  
others. Let our friendships be open O Lord, that they may be a haven for  
others.

Let our friendships be gentle O Lord, that they may bring peace to others,  
In Jesus name.

AMEN