

SPIRIT OF JOY

Relishing Exercise

Very truly, I tell you, you will weep and mourn, but the world will rejoice; you will have pain, but your pain will turn into joy. When a woman is in labour, she has pain, because her hour has come. But when her child is born, she no longer remembers the anguish because of the joy of having brought a human being into the world. So you have pain now; but I will see you again, and your hearts will rejoice, and no one will take your joy from you.

On that day you will ask nothing of me. Very truly, I tell you, if you ask anything of the Father in my name, he will give it to you. Until now you have not asked for anything in my name. Ask and you will receive, so that your joy may be complete.⁷

1. Desire **I ask the Spirit for the gift of uplifting Joy.**

I ring a small bell. I listen to its sensual sound, carried in the air, to consider how the unseen Spirit is also experienced. I ring, listen and feel the touch of the Spirit. I repeat.

I ask the Spirit for an uplifting, stirring joy when I most need and desire it – even in the sad and joyless times.

2. Relish **I live in the circle of the Joyful Trinity.**

Now I imagine I am circled by the Joyful Trinity, Father, Jesus and Spirit. Each person addresses me by name, saying, 'I enjoy you. May your joy be complete in me.'

Without knowing how a such joy will feel, how it could fill the miserable corners of my bruised or saddened heart, I sit humbly for a while in the mystery of the Joyful Trinity and my desire.

I relish being joyful.

3. Joy **I breathe in the Spirit of Joy**

Then I imagine and feel the Spirit breathing the gift of Joy into me.

I breathe it in deep, wait, then breathe it out into my relationships and life, and into those whose happiness and delight has been bleached out of them by circumstances.

I repeat as desired – breathing, joyful, renewed.

I conclude with thanks, moving forward into daily life with greater joy.

PRAYER TIME: 10 minutes.

⁷ Jn 16: 20-24