



JOY

Luke 2:8-12, Phil 4:4-7

"I bring you good news that will cause great joy for all the people"

- Happiness is a feeling / joy is an emotion
- Joy in all circumstances – including struggles
- Joy in everyday life
- Joy can change our perspective



Seeing Shepherds by Daniel Bonnell

- God is the source of our joy
- How do we find joy / recognise joy > practice gratitude daily (write 3 things)
- Joy is not necessarily the absence of suffering but the presence of God

***God's joy = splashes of joy,
even in the "cesspools of life"***

*This Advent, we open our eyes &
our hearts to joy awaiting
- know joy, taste joy,
seek joy & wear joy*

16/12/18

