

This week's challenge:

"I don't think of all the misery, but of the beauty that still remains."

Anne Frank

How can I choose Joy every morning and make it last all day?

What is the difference between Joy and Smug?

And for our Church:

When new people come through our doors, do we invite them to share our joy as well as sharing their sorrows?

Lord of Life

Help me to choose joy every morning in gratitude for all the wonders of this life and for all the acts of kindness I will give and receive today . Help me to be kind to those who have not chosen joy.

Amen

Come with us, Lord Jesus;

Fill us with your Spirit;

Shape us to your likeness;

Use us to enfold with love our needy world.

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Join us!



Loving God. Loving People. Loving the World.



Part 2 of our Christian Values Exploration



Forgiveness Service Hope
Wisdom Koinonia
Endurance Humility
Friendship Compassion
Peace Justice Creation
Thankfulness Trust



January 13 2019

today
I CHOOSE
joy

Led by **Claire Nott**

After-Church Discussion

Lyn Jones

Ecclesiastes 9:7-10

Seize life! Eat bread with gusto, Drink wine with a robust heart.

Oh yes—God takes pleasure in *your* pleasure!

Dress festively every morning; don't skimp on colours and scarves.

Relish life with the spouse you love each and every day of your precarious life.

Each day is God's gift. It's all you get in exchange for the hard work of staying alive.

Make the most of each one! Whatever turns up, grab it and do it. And heartily!

This is your last and only chance at it, for there's neither work to do nor thoughts to think in the company of the dead where you're most certainly headed

Luke 15:4-10

Suppose one of you had a hundred sheep and lost one. Wouldn't you leave the ninety-nine in the wilderness and go after the lost one until you found it? When found, you can be sure you would put it across your shoulders, rejoicing, and when you got home call in your friends and neighbours, saying, 'Celebrate with me!

I've found my lost sheep!

John 16:21-23

When a woman gives birth, she has a hard time, there's no getting around it. But when the baby is born, there is joy in the birth. This new life in the world wipes out memory of the pain.

The sadness you have right now is similar to that pain, but the coming joy is also similar. When I see you again, you'll be full of joy, and it will be a joy no one can rob from you