

Advent Week 3: JOY

Prayer for Lighting the Joy Candle (pink candle)

Jesus, who brings joy where there is sorrow, and happiness where there is despair, we thank you for your great mission of joy, which we particularly remember at Christmas. We light this candle as a reminder of the joy you long for each of us to experience. We offer up our prayers for your joy to resound through each and every soul. Amen.

Scripture: Isaiah 12:2-6

Reflect and/or Discuss

- What is the difference between joy and happiness?
- What is our source of joy?
- In the above passage, what reasons are given for joy?
- What are ways God produces joy in us?

Breath Prayer

By Sarah Bessey

Breathe In: Tune my soul's antennae to your eternal frequency

Breathe Out: of beauty and goodness and rest.

Song: *Oh for Joy* by Folk Hymnal

Advent Week 3: Joy

The season of Advent is upon us and we are so excited to be walking through this season together as a congregation. Below you will find several different spiritual practices to help you slow down and be aware of God's presence during this season of waiting. How you choose to engage in the Advent materials is completely up to you. There is no right or wrong way to participate. Use all the materials or none of them. Ultimately, our prayer is that this season of Advent slows you down, brings you nearer to God, makes you aware of the reality of Immanuel, "God with us", and speaks hope, peace, joy and love directly into whatever season of waiting you are currently experiencing. To God be the glory.

Prayer for Lighting the Joy Candle (pink candle) *(A Question You Might Have: When do I light the Joy Candle? Answer: Anytime and as many times you want, and whenever/wherever makes the most sense for you and/or your family.)*

Jesus, who brings joy where there is sorrow, and happiness where there is despair, we thank you for your great mission of joy, which we particularly remember at Christmas.

We light this candle as a reminder of the joy you long for each of us to experience.

We offer up our prayers for your joy to resound through each and every soul. Amen.

Scripture: Isaiah 12:2-6

Surely God is my salvation;

I will trust and not be afraid.

The Lord, the Lord himself, is my strength
and my defense[a];

he has become my salvation.”

3 With joy you will draw water
from the wells of salvation.

4 In that day you will say:

“Give praise to the Lord, proclaim his
name;

make known among the nations what he
has done,

and proclaim that his name is exalted.

5 Sing to the Lord, for he has done glorious
things;

let this be known to all the world.

6 Shout aloud and sing for joy, people of
Zion,

for great is the Holy One of Israel among
you.”

Reflect and/or Discuss

1. What is the difference between joy and happiness?
2. What is our source of joy?
3. In the above passage, what reasons are given for joy?
4. What are ways God produces joy in us?

Breath Prayer

By Sarah Bessey

Inhale: Tune my soul's antennae to your eternal frequency

Exhale: of beauty and goodness and rest.

Song: Oh for Joy by Folk Hymnal

Listen on [THIS PLAYLIST](#)

Lyrics:

[Verse 1]

Long have we waited, long have we waited

Long have we waited for You
Creation is groaning for love's great atoning
is due
By Thy great mercy, by Thy great mercy

By Thy great mercy You give
Hope for all children, and mercy, and new
life to live

[Chorus]

Oh, oh for joy
That Jesus is born
Come and see Him
Come and receive Him
This blessed, holy morn

The night calm and bright and so our
strivings cease
We thank You for rescue, thank You for
rescue
Thank You for rescue through grace
The Law fully met, and He has secured our
place

[Chorus]

Oh, oh for joy
That Jesus is born
Come and see Him
Come and receive Him
This blessed, holy morn

[Verse 2]

The earth in stillness, the earth in stillness
The earth in stillness and peace

For the Kids!

Advent Week 3: Joy

Prepare: Bible, paper, pencil

Do: Make a list of things the individuals in your family or class enjoys (i.e., walking, running, hiking, reading, dinosaurs, painting, talking, watching movies, chocolate, pizza, pumpkins, presents, popcorn, etc.) Read the list out loud and tell the children to “jump for joy!” each time you read something they enjoy.

Say: These things bring us a little bit of joy. We enjoy them a lot. But all these things we enjoy come from God. (Read James 1:17.) The greatest gift God gives us is Jesus! He is the one who brings us complete joy. He wants us to enjoy him most of all, and he finds joy in you!

Discuss while coloring the [Joy coloring sheet](#):

1. What does “joy” mean?
2. Is it possible to have joy all the time? Why or why not?
3. How does knowing and believing in Jesus give people joy?

4. 4.Does it seem hard to have joy right now in your life? Why or why not?

Pray and thank God for the many things you enjoy and especially for Jesus, the source of everlasting joy.