

Advent 3 – Waiting in the Darkness – Seeing the Joy

We wait in the Darkness When there is no Joy in Life

The Grief, The Loss The Loneliness, Dullness in a season of Brightness

"The Joy of the Lord in Your Strength" Nehemiah 8:10

"Always be full of joy in the Lord. I say it again—rejoice!"

Philippians 4:4

So What do I do when I don't feel the Joy that OTHERS want me to feel? That I want to feel?
Lie? Hide it? Retreat?

**You keep track of all my sorrows. You have collected all my tears in your bottle. You have
recorded each one in your book. Psalm 56:8**

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**Psalm 34:17-20 - The Lord hears his people when they call to him for help. He rescues them
from all their troubles. The Lord is close to the brokenhearted; he rescues those whose
spirits are crushed. The righteous person faces many troubles, but the Lord comes to the
rescue each time.**

**I Cry out to God - I reread the Promises - I share my pain with safe, caring people. - I wait
with eyes looking for a glimpse of God's Light.**

I recognize Joy for what it can be. Joy can be Frivolous
Joy can be Momentary - Joy can be Peaceful - Joy can be Quiet
Joy can be Unexpected

I will Light a Candle in the Darkness of Pain
To Remind myself and others That the Darkness and Pain will not win
I will Cry Out to God and Lift my Pain to Him
I will look for the Joy He gives to break into my Darkness.

And He will Come To us all in the Darkness
We will see and feel the Joy God gives us with the coming of His Son