



JOY

in a time of sorrow

Psalm 146:5-10

Happy are those whose help is the God of Jacob, whose hope is in the LORD their God,

who made heaven and earth, the sea, and all that is in them; who keeps faith forever;

who executes justice for the oppressed; who gives food to the hungry. The LORD sets the prisoners free;

the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down; the LORD loves the righteous.

The LORD watches over the strangers; he upholds the orphan and the widow, but the way of the wicked he brings to ruin.

The LORD will reign forever, your God, O Zion, for all generations. Praise the LORD!



"I believe complete joy is a deep groundedness, a solid sense of being upheld and supported, and a profound peace that encourages you to feel the pure, unhindered heights of life's beauty. I think it looks like forgiveness and trust. I think it looks like ease and authenticity. I think it looks like relief. I realized that in the interest of protecting myself from my own pain, anger, and grief, that I'd actually stifled my ability to truly feel joy. I started painting this the day I decided to begin the journey to complete joy. I know it will be a long and difficult process, but I think it's worth it."

Artist, Lauren Wright Pittman.

Vanderbilt University Divinity Library

AN ACTIVITY FOR YOUNG DISCIPLES

Share with children that sometimes we can help others who are in the midst of sorrow by sharing our joy! With the kids, consider drawing a picture or writing a note to someone you think might need a little extra joy this holiday season. If you don't know of a person, reach out to a pastor and we can give you some ideas!

