

Preparation for T293 - Joy

November continues our “Year of Cherishing”. Some of the goals for this year are to learn to cherish life, become a more expressive people in terms of cherishing, and to expand the field of who and what we cherish.

“Joy” is the monthly theme for December 2012. All month on Sunday morning we will be exploring joy. For more resources based on this month’s theme, see the December 2012 Journal (first newsletter of the month) on our church website.

- 1) Describe joy using a metaphor. For instance, for you does joy feel like fireworks, or an underground river or ...

- 2) Give examples from your past for each of the following words:
 - Happy
 - Gleeful
 - Cheerful
 - Blissful
 - Silly
 - Ecstasy
 - Elation
 - Joy

- 3) WhThink about a time that felt joyless. What was happening?

- 4) Make a list of the things that bring you joy. These can be large things small things. You can treat this list like a gratitude journal adding to it each day.

- 5) Is there a downside to joy? Are the highs as disruptive as the lows? Should we be seeking an even keel? Is joy ecstasy?

- 6) How can we find joy when life is full of troubles? How do you cope?

- 7) How do you cultivate joy?

- 8) How does joy relate to your spiritual practice?

- 9) Where does joy come in in our year of cherishing each other?