

The Joy of the Gospel - Lent 1

**From the Introduction of *Joy of the Gospel*, paragraphs 1-18**

An encounter with Jesus brings deep and lasting joy. . . with Christ joy is constantly born anew. We live in a world that is so pervaded by consumerism that it breeds desolation, anguish and a feverish pursuit of frivolous pleasures. This is not God's will for us. I invite all Christians, everywhere, to a renewed personal encounter with Jesus, or at least an openness to letting him encounter them: I ask all of you to do this unflinching each day. Joy finds a different expression in our lives at different times, especially during the particularly difficult times of life, . . . joy adapts and changes, but it always endures, even as a flicker of light born of the certainty that we are infinitely loved.

**Scripture Philippians 4.4-8**

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true,  
whatever is honourable, whatever is just,  
whatever is pure, whatever is pleasing,  
whatever is commendable, if there is any  
excellence and if there is anything worthy  
of praise, think about these things.

**Ponderoids**

God loves us now and will never stop whatever happens.

God's love is present to me whatever condition I find myself in, unconditionally.