

NOTES

Spiritual Practice - Joy - Week 2

Joy definition - A pervasive sense - not just a thought - of well being. It's primary feeling component is delight in an encompassing good well-secured. It's deeper and broader than any pleasure.

Joy is a basic element of inner transformation into Christlikeness and of the outer life that flows from it.

Having one's joy "full" means that there is no room for any more of it. Full joy is our first line of defense against weakness failure, and disease of mind and body.
-Dallas Willard "Renovation of the Heart"

Practice one or all of these exercises this week -

The purpose of Spiritual practices isn't to say I accomplished something. It's not even something that is to help you feel more spiritual, but it's about forming you in Christ.

James Bryan Smith write, "The Christian faith is not primarily about belief and practices; it is primarily about what kind of people Christians become."

As we focus on the underlying condition of Joy, I invite you to practice one or two of these practices that will help you move closer into the character of Christ living the virtue of Joy.

Notice, there isn't a how to list to do these practices, they are simply suggestions to take time to live out joy while you practice them.

JOY: PERVASIVE AND FIRMLY ESTABLISHED SENSE OF WELL-BEING

Take *any* opportunity to celebrate

Color in a coloring book

Give to others

Sing (even if you feel like you do it badly)

Spend time with friends

doing something fun

Enjoy the sun for 10 - 30 minutes

Spend time with children

Have meaningful conversations

Create anything

Listen to music lying on the floor

Count blessings

Practice Sabbath



