



WHAT WILL MAKE YOU SMILE?

The Epistle of Joy

Among all writings of Saint Paul which is called the Epistle of Joy?

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In this Epistle he keeps exhorting Christians to rejoice. He thanks them for their support in his ministry. He says: “*Rejoice in the Lord always!*”

The Latin says: ‘*Summa epistolae gaudeo – gaudate*’ – I rejoice so you rejoice. You rejoice so I do it with you.” It’s all about celebrating Jesus in you.

What are the seven ways or when’s to have JOY?

1. ***When we pray to Jesus (1:4)*** – Teach others to pray
 - a. ***The Sacred Heart Prayer:*** *Thumb:* I’m sorry; *Index:* I love you; *Middle:* Forgive me! *Ring:* Thank you; *Pinky:* Bless you!
 - b. ***The People Prayer:*** the *Nearest:* those close to you; *the Pointed:* those who agitates or criticizes you; *the Tallest:* those who lead, protect and teach; *the Weakest:* the sick, the suffering, the dying; *the Least:* the Nascent, the children, the orphan, the elderly and the poor.
 - c. ***The BJ – Breathing Jesus Prayer:*** *Breathe in JE-; Hold on; Breathe out...SUS. Stay still.*
2. ***When we proclaim Jesus (1:18)*** – by studying and thinking of His Word. FACE ZBS.
3. ***When we profess our trust in Jesus (1:25)*** – David looks at God and becomes radiant. Moses meets God and his face shines. Seeing God is joy. *A happy heart and shining face.*
4. ***When we see the people we love who love Jesus (2:2)*** – the Joy of Love is seeing friends and family in unity.
5. ***When we sacrifice for Jesus (2:17)*** – To suffer like Jesus is a blessing. A chance to prove your love as Christ loves:
 - *On May 30, 1431* while being burned alive at the stake, St. Joan of Arc said: “*JESUS! JESUS! JESUS!*” Her last word.
 - *On July 06, 1535* St. Thomas More spoke his last words before he was beheaded: “*I die the king’s good servant, and God’s first.*”
 - *On June 22, 1535* St. John Fisher spoke his last words in the Bell Tower: “*Christian people, I am come hither to die*

for the faith of Christ's Catholic Church... Wherefore I desire you to help me, ...with your prayers, that at the very point and instant of death's stroke, ...I then faint not in any point of the faith. And I pray, God save the king and the realm”

- *On June 03, 1886 St. Charles Lwanga of Uganda while being burned alive, calmly told his executioner: “It is as if you are pouring water on me. Please repent and become a Christian like me.” Right before dying he folded his hands and cried out: “Katonda!” “MY GOD!”*
- *On July 06, 1902 after being stabbed 14 times in an attempted rape, the 11 year-old St. Maria Goretti spoke her last words to her murderer: “I forgive Alessandro Serenelli.... And I want him with me in heaven forever.”*
- *On April 2, 2005 Pope John Paul II spoke his last word in Polish: “Let me go to the House of the Father.”*
- *On October 12, 2006 St. Carlo Acutis before he died said to his mother: “Mamma, don’t be afraid. Since Jesus became man, death has become a passage towards life and we don’t need to flee it. Let us prepare ourselves to experience something extraordinary in the eternal life.”*

6. ***When we hear about the ones we love (2:28)*** – A face, a text, an email, a card, a letter, a call, the voice of a loved one is PURE JOY. Especially when we lost contact a long time.
7. ***When we welcome strangers as Jesus – (2:29)*** – *This is hospitality. What a joy to feel the care of a stranger. Or when someone knows me or remembers me and accepts me!*
8. ***When we get to be with Jesus (3:1, 4:1)*** – to be in His presence is JOY. Like birds flying in the air, fish swimming in the sea, roots clinging to the soil, leaves reaching for sunlight, the flower feeling the dew. His Presence is LOVE. We grow and thrive in Him. Nothing could separate us from His Love for us. Especially at Mass and Adoration.

9. *When we win souls for Jesus (4:1)* – Paul calls this people “his children” and “his crown of joy.” When he knew that they have followed Christ and lived the faith, his heart rejoiced. We too rejoice when we see our children do well and be good.

Who are these people? Who are his “*Crown of Joy*”? Who belongs to the “*Epistle of Joy*?”

CONCLUSION

When will PAPA be joyful? When will YOU rejoice and celebrate?

The Seven Joys of St. Joseph



JOY 1: In his dream when the Angel told him he will marry Mary and adopt Jesus as his Son.

JOY 2: When he saw the Angel and shepherds adoring his Son Jesus.

JOY 3: When he announced to the people the name of his Son, JESUS.

JOY 4: When he saw three Kings arrive at Bethlehem and present his Son the gifts of gold, frankincense and myrrh.

JOY 5: When he heard the elder Simeon prophesying that his Son will save his people.

JOY 6: When he brought Mary and Jesus, his family back from Egypt to Nazareth.

JOY 7: When he found his Son Jesus teaching at the temple after spending three days looking for him with Mary.