

Joy

Spiritual joy is not an emotion but ‘a choosing to place one’s happiness where it belongs: in the fulfilment of life’s deepest purposes — in “pleasing the Father.”

’(Burrows, *Ascent to Love*, page 88).

‘Joy comes in direct proportion to detachment, and its quality depends on the urgency of your effort to be detached’(Carthusian *The Hermitage within* page 77)

Joy

‘I am now rejoicing in my sufferings for your sake, and I am completing what is lacking in my flesh of Christ’s afflictions for the sake of his body, that is, the church’(Colossians 1:24).

‘Although you have not seen him, you love him; and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy, for you are receiving the outcome of your faith, the salvation of your souls’(1Peter 1:8-9).

Joy

‘Rejoice insofar as you are sharing Christ’s sufferings, so that you may also be glad and shout for joy when his glory is revealed. If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.’(1Peter 4:13-14)

Joy

‘He who has the bride is the bridegroom.
The friend of the bridegroom,
who stands and hears him,
rejoices greatly at the bridegroom’s voice.
For this reason my joy is complete’(John 3:29).

‘I have said these things to you so that my joy
may be in you, and that your joy may be
complete’(John 15:11).

Joy

‘Very truly, I tell you, you will weep and mourn,
but the world will rejoice;
you will have pain, but your pain will turn into joy.

I will see you again, and your hearts will rejoice,
and no one will take your joy from you.

Ask and you will receive,
so that your joy may be complete’(John 16:20-24).

‘Jesus showed them his hands and his side. Then the
disciples rejoiced when they saw the Lord’(John 20:20).

Richard Rohr

Joy is both a decision and a surrender. Eventually we stop being preoccupied with creating a fault-free environment that will ensure our own happiness, and we discover that joy is much more like falling into an objective Presence, a Larger Body, Love itself, a unified field, that many of us would call God. You do not create love, you “fall” into it. You do not attain God, you fall into God. You do not manufacture joy, you collapse into it when you give up trying to make it happen.

Richard Rohr

What freedom when we no longer have to wait for ourselves to be happy! There is no waiting, only receiving.

This feast of the Body of Christ is also a promise of joy, and quite daringly—in a quite physical encounter of union, table fellowship, and close intimacy. “I am telling you this so that my own joy may be in you, and that your joy may be complete” (John 15:11).