

The Faith-Filled Catholic Women's Bible Study Program

A Leader's Guide for Group Discussion

Joy
Song: "On That Day"
CD 1, Track 11

Insert K-1 through K-4
Composer: Kate Cuddy
Faith-Filled Catholic Women's Bible Music CD

Materials Needed

Faith-Filled Catholic Women's Bible, Fireside CD, CD player, Participant's Worksheet, Note Pad (each).

Setting the Stage

Before this session, mail (or e-mail) any member of the group that may not have been present at the last session the Participant's Worksheet for this session. Also, send a reminder of the date and time of the session as well as directions to the meeting place (if different from the church). To enhance an atmosphere of **Joy**, have the song "On That Day" from the Faith-Filled Catholic Women's Bible Music CD playing in the background when the participants arrive.

Warm Up – Optional (15 minutes)

Leader: Finding Joy in our lives is sometimes as simple as being able to laugh at ourselves about the little things that happen to us. Write your answers to these questions on the back of your Participant's worksheet.

1. Have you ever locked yourself out of the house?
2. Have you ever lost a member of the family while out shopping?
3. Have you ever put something unusual in the refrigerator?
4. Have you ever accidentally turned a load of laundry pink (or another color)?
5. Have you ever left the house and left the iron on?
6. Have you ever put your heel through the hem of a dress?
7. Have you ever had your zipper break in public?
8. Have you ever driven off with something still on top of your car?
9. Have you ever gone somewhere with two different socks or shoes on?
10. Have you ever remembered an appointment after it was too late?
11. Have you ever accidentally called a member of the family by the wrong name?
12. Have you ever been ready to take a bath or shower only to find that you have no hot water?
13. Have you ever fallen up the stairs?
14. Have you ever backed out of the garage only to find the garage door wasn't yet open?
15. Have you ever gone shopping and discovered you didn't bring your purse, wallet or any means to pay?
16. Have you ever driven away from somewhere while someone you brought with you was still standing outside the car?
17. Have you ever dialed a phone number and forgot who you called?
18. Have you ever locked your keys in the car?
19. Have you ever got into the car to go somewhere and forgot where you were going?
20. Have you ever put something in the oven to bake and forgot about it?

Share your answers with each other. To make it even more fun, you could give the person who answered yes the most often some kind spoof prize.

Opening Discussion (15 minutes)

Have each participant share her answers to the following questions: (Discuss each question before moving on to the next question.) What is Joy? How is Joy related to happiness? How is Joy related to peace? How is Joy related to service? Ask the participants to share any specific time when they experienced true joy in their lives.

Spiritual Awakening - Opening Prayer

Ask the participants to pray together the **Opening Prayer** at the top of insert page K-2.

Spiritual Awakening - Recognizing (10 minutes)

Ask for volunteers to read aloud each of the Scripture passages in the **Recognizing** section of **Spiritual Awakening** on insert page K-2. Remind the participants that each reader will pause for a few seconds of silence after each passage to allow anyone to offer any spontaneous thought, prayer, praise or thanksgiving that this Scripture might inspire. After the final Scripture is read, ask the group, "What else do these Scriptures teach us about **Joy**?" Share and discuss any responses.

Spiritual Awakening - Reflecting (15 minutes)

As a group, read Matthew 25:14-30 (Page 1053).

After some reflection, have each participant put her name at the top of her pad of paper. Everyone should then pass her pad to the person on the right. Each person then writes one talent or positive characteristic about the person (whose name appears at the top of the pad). Continue passing the pads to the right until each pad is returned to the original owner.

Then, one by one, have each participant read aloud slowly the things that others identified in her as talents or positive characteristics. Discuss reactions. Keep this list for a **Spiritual Awakening - Responding** activity this week.

Group Prayer (5 minutes)

Leader: Heavenly Father, we thank You for the talents and the gifts You give us. Guide us to use them to give You glory in service to each other. With joy and thanksgiving, we pray that You will accept our prayers and praises as well as hear our petitions today as You reveal for us your answer to questions and challenges in our lives: **enter aloud all individual intentions.** We ask this, in Jesus 'name, Amen.

Faith in Action (10 minutes)

Read silently the **Faith in Action** article, "Not a Size Six" on insert page K-4. Answer as a group: What does it mean when someone is radiant in regard to their faith? Is it realistic to expect anyone to be joyful all the time? How does radiance and joy happen in the course of our day to day lives?

Closing Prayer (5 minutes)

Leader: Read together "The Magnificat," a prayer of joy in Luke 1:46-55 (Page 1093).

"My soul proclaims the greatness of the Lord;
my spirit rejoices in God my savior.
For he has looked upon his handmaid's lowliness;
behold, from now on will all ages call me blessed.
The Mighty One has done great things for me,
and holy is his name.
His mercy is from age to age to those who fear him.
He has shown might with his arm,
dispersed the arrogant of mind and heart.
He has thrown down the rulers from their thrones
but lifted up the lowly.
The hungry he has filled with good things;
the rich he has sent away empty.
He has helped Israel his servant, remembering his mercy,
according to his promise to our fathers,
to Abraham and to his descendants forever."

Fellowship (15 minutes)

After the session is completed and while refreshments are served, play softly in the background: "On That Day" from the Faith-Filled Catholic Women's Bible Music CD.

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