

CUP OF JOY WOMEN

JOYFUL & BATTLE READY



Agenda #1: Embrace the JOY & Stand Firm

Opening Prayer:

Heavenly Father, thank you for this beautiful group of women you have gathered together today. Jesus, thank you for surrounding us with your life-changing presence and dying for our sins. Holy Spirit, thank you for guiding us into all truth. Please bless our time together and fill our hearts and conversation with your love. We commit this hour to you and ask that you change, heal, strengthen, and restore us as we study your Word. We ask this in the Holy Name of Jesus, our Lord and Savior. Amen.

Thanksgiving

Invite each woman to offer a one-sentence thanksgiving (e.g., you could go around the circle). The focus is gratitude. (Example: Thank you, Lord, for the beautiful time with my husband in Nebraska City, picking apples. For this, I praise and thank you Jesus. **ALL Respond:** We praise & thank you, Jesus.

Discussion & Scripture

The facilitator reads the commentary or questions on the handout and calls on the women who offer to respond or invite them to read the Scripture sections aloud, following the handout. All participate.

Scriptures:

John 15: 9-11. [Jesus] 9 As the Father has loved me, so I have loved you; abide in my love. 10 If you keep my commandments, you will abide in my love, just as I have kept my father's commandments and abide in his love. 11 I have said these things to you so that my joy may be in you, and that your joy may be complete.

Jeremiah 31:3. [The Lord God says] I have loved you with an everlasting love; therefore, I have continued my faithfulness to you.

Psalms 16: 9, 11. 9 Therefore my heart is glad! 11 You [Lord God] show me the path of life. In your presence there is fullness of JOY; in your right hand are pleasures forevermore.

Galatians 5: 22-23. ...The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, 23 gentleness, and self-control. NRSVCE

Ephesians 6: 10-14. Finally, be strong in the Lord and in the strength of his power. 11 Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. 12 For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore, take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. 14 Stand therefore... NRSVCE

Closing Prayer

Popcorn Prayer: Go around the table and invite each person to share a one-sentence prayer request (as done at petitions in Mass) (Example: For my uncle's successful surgery tomorrow, I pray to the Lord.

All Respond: Lord Hear our Prayer.)

Prayer Partners. Invite the women to take a member's name for the next week and pray for her petitions and more joy, hope, and love daily.

Close with the Our Father.