

MORE JOY PRAYER GUIDE

- **ASK** God to increase your capacity to receive JOY.
- **RECEIVE** God's JOY and LOVE. Prayerfully visualize yourself in God's presence receiving HIS JOY and LOVE.
- **THANK** Jesus for the JOY Rays He sends daily.
- **READ & PRAY SCRIPTURE** so you hear His Words to you, and you can respond.

The little prayer format will help you grow in JOY, love, and vocal prayer from the heart. It can serve as a good foundation for interacting joyfully with Jesus every day.

Start with five minutes of personal prayer daily:

1. **ASK GOD.** (Father, Son and Holy Spirit) to increase your JOY and capacity to receive Heaven's JOY and Love. (For example: Heavenly Father, Jesus my Savior, and Holy Spirit my Guide, please give me JOY and increase my capacity to receive your LOVE and JOY.)
2. **RECEIVE JOY.** Take a moment to sit quietly in prayer and RECEIVE God's Love and JOY. (Visualize yourself in God's presence while you receive His Love and JOY poured out to you. You feel wrapped in His LOVE.)
3. **THANK JESUS FOR JOY.** Look for the ways Jesus sends you rays of His JOY every day and thank Him. We call this receiving the "Son's Rays of JOY." Like the sun's rays, they shine in cloudy times, even if you do not see them at first. (For example, pray: Thank you, Jesus for the joys of...)
4. **SCRIPTURE.** Read Scripture for a few minutes every day so that the verses launch you into verbal prayer with your Savior. (Call on the Holy Spirit: Come Holy Spirit, please open my ears to hear you speak to me in God's Word and fill me with more JOY.) When a word or verse catches your attention, stop, and talk to Jesus about it. Be sure to listen. We will talk more about this in the next Podcast.

You may be surprised at how your heart will be encouraged by using the *MORE JOY Prayer* guide daily. St. Pope John Paul II, Pope Emeritus Benedict XVI and Pope Francis have called each one of us to read and pray the Scriptures — just a few minutes a day will launch you into prayer.¹ Pope Emeritus Benedict XVI. August 4, 2011.

https://www.vatican.va/content/benedict-xvi/en/audiences/2011/documents/hf_ben-xvi_aud_20110803.html; Pope Francis, September 30, 2019. *APERUIT ILLIS*. Apostolic Letter Instituting the Sunday of the Word of God.

https://www.vatican.va/content/francesco/en/motu_proprio/documents/papa-francesco-motu-proprio-20190930_aperuit-illis.html

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