

# Defeating JOY Busters Handout - Episode 6

## Action Plan

- **BE AWARE** - The first step is to: Notice that you have lost your JOY. Notice what is happening in your inner spiritual experiences, that is the stirrings of your heart and thoughts.
- **UNDERSTAND** The second step is to: Identify the JOY buster. Is it something that has been bothering you for a few days? Reflect on the stirrings, recognize what's of God and what's not. Notice if the joy is gone or your heart is troubled.
- **TAKE ACTION:** Take action as soon as you know that your "joy is busted." Follow the four easy actions below. Accept and live according to what is of God. That means you reject and remove from your life what you have recognized is not from God. You can call upon the Holy Spirit for help.<sup>1</sup>

## Action Steps

### Four easy actions to take after you are aware and understand YOUR JOY Busters

1. **Pray. Turn to Jesus in personal prayer.** Tell Jesus exactly what is bothering you – tell it like it is. The Lord knows your heart so come to him heart to heart. Make sure you get alone with Jesus whether it is in your prayer room at home or at church.
2. **Picture. Picture yourself giving Jesus your joy buster.** Put it in his heart and leave it there. Picture his arms taking the joy buster. Tell Him you will not take it back. Jesus died for your sins and infirmities (i.e., physical, and mental weaknesses), so He paid the price and deserves to keep them.
3. **Psalm. Remember the good things and blessings the Lord has given you.** Thank Him. Open your Bible to a Psalm of Thanksgiving and praise God with Scripture. The Psalms are the official prayer book of the Church and were written to bring healing and comfort.
4. **Prayer Partner. Ask for help.** If you continue to have a loss of joy and peace, ask a trusted prayer partner to pray with you. Talk to a priest. Reach out to others who can help. Do not go it alone. We are designed for fellowship with others who love the Lord. So, it is important to have a prayer partner and prayer community within your church.

Fr. Timothy Gallagher in *The Discernment of Spirits: An Ignatian Guide for Everyday Living – Reader's Guide*, points out that each person needs an action plan to reject *troubles of the heart*-- we all experience both times of *spiritual consolation* (i.e., experiencing deep connectedness with God that fills us with a sense of joy and peace) and *spiritual desolation* (i.e., allowing the enemy to oppress us with troubles of the heart which take away our joy).<sup>i</sup>

<sup>i</sup> Gallagher, Rev. T. M. (2018). *The Discernment of Spirits: An Ignatian Guide for Everyday Living – Reader's Guide*, p. 1