

# Joy

Welcome to this time of Quiet Reflection. Take your time reading to yourself (or out loud) some or all of these bible passages, and then pausing for a few minutes after any that you wish to reflect on.

The Taizé chants between readings can be sung in your head as often as you like, or out loud, or listened to from these links, pausing as you wish:

Bless the Lord my soul - <https://www.youtube.com/watch?v=t4Svh-9ohg4>

Ubi caritas - <https://www.youtube.com/watch?v=GX7tAZIAWbE>

O Lord hear my prayer - <https://www.youtube.com/watch?v=2nCy2j07ECM>

## Beginning

### **Ubi caritas (Where there is charity and love, there is God)**

*Ubi caritas et amor.*

*Ubi caritas*

*Deus ibi est.*

## **1 Chronicles 16.28-38**

Ascribe to the Lord, O families of the peoples,  
ascribe to the Lord glory and strength.

Ascribe to the Lord the glory due his name;  
bring an offering, and come before him.

Worship the Lord in holy splendour;  
tremble before him, all the earth.

The world is firmly established; it shall never be moved.

Let the heavens be glad, and let the earth rejoice,  
and let them say among the nations, 'The Lord is king!'

Let the sea roar, and all that fills it;  
let the field exult, and everything in it.

Then shall the trees of the forest sing for joy  
before the Lord, for he comes to judge the earth.

O give thanks to the Lord, for he is good;  
for his steadfast love endures for ever.

### **1 Chronicles 29.10-20**

Then David blessed the Lord in the presence of all the assembly; David said: 'Blessed are you, O Lord, the God of our ancestor Israel, for ever and ever. Yours, O Lord, are the greatness, the power, the glory, the victory, and the majesty; for all that is in the heavens and on the earth is yours; yours is the kingdom, O Lord, and you are exalted as head above all.

I know, my God, that you search the heart, and take pleasure in uprightness; in the uprightness of my heart I have freely offered all these things, and now I have seen your people, who are present here, offering freely and joyously to you.

*Ubi caritas et amor.*

*Ubi caritas*

*Deus ibi est.*

### **Ezra 6.16**

The people of Israel, the priests and the Levites, and the rest of the returned exiles, celebrated the dedication of this house of God with joy.

### **Psalms 5 11-13**

But let all who take refuge in you  
rejoice;

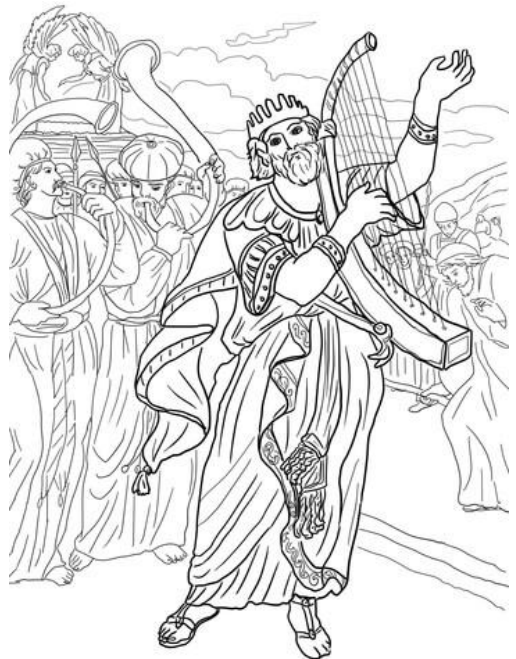
let them ever sing for joy.

Spread your protection over them,

so that those who love your  
name may exult in you.

For you bless the righteous, O Lord;

you cover them with favour as  
with a shield.



### **Psalm 30.5**

For his anger is but for a moment;  
his favour is for a lifetime.  
Weeping may linger for the night,  
but joy comes with the morning.

### **Psalm 32.11**

Be glad in the Lord and rejoice, O righteous,  
and shout for joy, all you upright in heart.

### **Psalm 51 3-12**

Create in me a clean heart, O God,  
and put a new and right spirit within me.  
Do not cast me away from your presence,  
and do not take your holy spirit from me.  
Restore to me the joy of your salvation,  
and sustain in me a willing spirit.

*Ubi caritas et amor.*

*Ubi caritas*

*Deus ibi est.*

### **Psalm 67.4**

Let the nations be glad and sing for joy,  
for you judge the peoples with equity  
and guide the nations upon earth.

### **Psalm 95.1**

O come, let us sing to the Lord;  
let us make a joyful noise to the rock of our salvation!



### **Proverbs 21.15**

When justice is done, it is a joy to the righteous,  
but dismay to evildoers.

### **Ecclesiastes 8.15**

So I commend enjoyment, for there is nothing better for people under the sun than to eat, and drink, and enjoy themselves, for this will go with them in their toil through the days of life that God gives them under the sun.

### **Isaiah 29.19**

The meek shall obtain fresh joy in the Lord,  
and the neediest people shall exult in the Holy One of Israel.

*Ubi caritas et amor.*

*Ubi caritas*

*Deus ibi est.*

### **Isaiah 35 5–15**

Strengthen the weak hands,  
and make firm the feeble knees.  
Say to those who are of a fearful heart,  
'Be strong, do not fear!  
Here is your God.  
He will come and save you.'

Then the eyes of the blind shall be opened,  
and the ears of the deaf unstopped;  
then the lame shall leap like a deer,  
and the tongue of the speechless sing for joy.  
For waters shall break forth in the wilderness,  
and streams in the desert;  
the burning sand shall become a pool,  
and the thirsty ground springs of water.

## **Isaiah 55.12**

For you shall go out in joy,  
and be led back in peace;  
the mountains and the hills before you  
shall burst into song,  
and all the trees of the field shall clap  
their hands.



## **Jeremiah 31.13**

Then shall the young women rejoice in  
the dance,  
and the young men and the old shall be merry.  
I will turn their mourning into joy,  
I will comfort them, and give them gladness for sorrow.

*Ubi caritas et amor.*

*Ubi caritas*

*Deus ibi est.*

## **Luke 2.10**

But the angel said to them, 'Do not be afraid; for see—I am bringing you  
good news of great joy for all the people

## **Matthew 2.10**

When they saw that the star had stopped, they were overwhelmed  
with joy.

## **Matthew 13.44:**

The kingdom of heaven is like treasure hidden in a field, which someone  
found and hid; then in his joy he goes and sells all that he has and buys  
that field.

*Bless the Lord, my soul,  
and bless God's holy name.*

*Bless, the Lord, my soul,  
who leads me into life.*

## **John 16.20**

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.

## **Romans 15.13**

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

*Bless the Lord, my soul,  
and bless God's holy name.*

*Bless, the Lord, my soul,  
who leads me into life.*

## **Galatians 5.22-23**

The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things.

## **Philemon 1.7**

I have indeed received much joy and encouragement from your love, because the hearts of the saints have been refreshed through you, my brother.

## **Hebrews 12 1-2**

Let us lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

## **2 John 1.12**

Although I have much to write to you, I would rather not use paper and ink; instead I hope to come to you and talk with you face to face, so that our joy may be complete.

*Bless the Lord, my soul,  
and bless God's holy name.  
Bless, the Lord, my soul,  
who leads me into life.*

***Passage to be read slowly – follow the moods of the characters***

### **Luke 15**

Now all the tax-collectors and sinners were coming near to listen to him. And the Pharisees and the scribes were grumbling and saying, 'This fellow welcomes sinners and eats with them.'

So he told them this parable: 'Which one of you, having a hundred sheep and losing one of them, does not leave the ninety-nine in the wilderness and go after the one that is lost until he finds it? When he has found it, he lays it on his shoulders and rejoices. And when he comes home, he calls together his friends and neighbours, saying to them, "Rejoice with me, for I have found my sheep that was lost." Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.

'Or what woman having ten silver coins, if she loses one of them, does not light a lamp, sweep the house, and search carefully until she finds it? When she has found it, she calls together her friends and neighbours, saying, "Rejoice with me, for I have found the coin that I had lost." Just so, I tell you, there is joy in the presence of the angels of God over one sinner who repents.'

Then Jesus said, 'There was a man who had two sons. The younger of them said to his father, "Father, give me the share of the property that will belong to me." So he divided his property between them. A few days later the younger son gathered all he had and travelled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, "How many of my father's hired hands have bread enough and to

spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands.' " So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son." But the father said to his slaves, "Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!" And they began to celebrate.

### **Time for Silent Prayer**

*O Lord hear my prayer.*

*O Lord hear my prayer.*

*When I call, answer me.*

*O Lord hear my prayer.*

*O Lord hear my prayer.*

*Come and listen to me.*

*(Silence)*

*O Lord hear my prayer.*

*O Lord hear my prayer.*

*When I call, answer me.*

*O Lord hear my prayer.*

*O Lord hear my prayer.*

*Come and listen to me.*

### **Ending Prayer**

Heavenly Father,

give us patient faith in times of darkness,

and strength to meet any troubles in the days to come.

May we may ever draw closer to you, and find strength within the shelter of your love.

Amen.