

## Questions for Conversations

12.11.22

What stories of your life come to mind when you think of joy?

What parts of the Christmas story come to mind when you think of joy?

What other stories from the Bible come to mind when you think of joy?

How has the making room for hope and peace been going?

In St. Benedict's instruction on Lent that Rob mentioned, he discussed "renunciation," which is connected to giving something up during Lent. As Benedict connected this discipline to joy, what might you consider giving up to MAKE ROOM for joy this week?

How is joy connected to (similar to) feelings and how is different?

How would explain to a child the difference between joy and fun?

Rob said that one measurement of our experiencing and living joy is a pure heart, clean hands, and a cheerful countenance.

Which of these is easier or more natural for you right now?

Which is the most work? Why do you think that is?

Rob said that joy was contagious, how can you be more infected with JOY? How might you be more contagious?

Share and Prayer