

If you can, it might help to set aside a space for prayer, light a candle to focus.

Collective Worship

1. Start with the Sign of the Cross
2. Take time to read Romans 15:13

¹³ May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit

3. **Short Reflection**

A short reading today, but powerful none-the-less. This is our prayer for each other during this time. Joy runs far deeper than simply happiness. Happiness is a quick fix, like a chocolate bar, joy is something that is slow releasing and can stay with us. Even in times where we struggle to find joy, there is joy to be found. Maybe take some time today to write a list of all the things which bring you joy, put it somewhere safe or somewhere where you can see it daily, and when you're struggling, have a read and remind yourself of all the things you have to be joyful for.

4. **Our Father**

*Our Father, Who art in heaven,
Hallowed be Thy Name.
Thy Kingdom come.
Thy Will be done,
on earth as it is in Heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil. Amen.*

5. St Monica, Pray for us

6. Finish with the Sign of the Cross

Suggested song for the day: Joy by Rend Collective
<https://www.youtube.com/watch?v=VDiETOLBvxA>