



# Hope in the Future

## Reflection Two

# The Joy of Lent



‘The Gospel, radiant with the glory of Christ’s Cross,  
Constantly invites us to Rejoice.’

Pope Francis: *Evangelii Gaudium* (The joy of the Gospel)

**For me these words mean.....**

**I try to live them in these ways.....**

“I invite all Christians, everywhere, at this very moment, to a renewed personal encounter with Jesus Christ, or at least an openness to letting him encounter them; I ask all of you to do this unfailingly each day. No one should think that this invitation is not meant for him or her, since “no one is excluded from the joy brought by the Lord”

(The Joy of the Gospel 1)



**How,  
Where,**

## **Do I encounter Christ?**

**I prepare myself to be open to encountering Jesus in these ways.....**

“The Lord does not disappoint those who take this risk; whenever we take a step towards Jesus, we come to realize that he is already there, waiting for us.”

(The Joy of the Gospel 4)

**What do I feel as I ponder these words?**

**What do I want to say to Jesus who is here waiting for me?**

**“There are Christians whose lives seem like Lent without Easter.”**

(The Joy of the Gospel 6)

**This could apply to me when I.....**

“I realise of course that joy is not expressed the same way at all times in life, especially at moments of great difficulty.

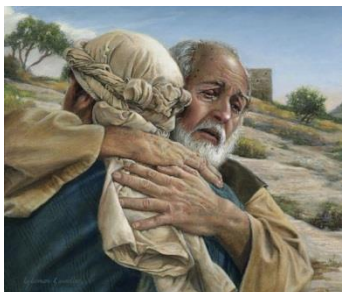
Joy adapts and changes, but it always endures, even as a flicker of light born of our personal certainty that, when everything is said and done, we are infinitely loved.

(The joy of the Gospel 6)

**I experience the infinite love of God when.....**

The Gospel joy which enlivens the community of disciples is a missionary joy. .

(The joy of the Gospel 21)



An evangelizing community is filled with joy; it knows how to rejoice always. It celebrates every small victory, every step forward in the work of evangelization. Evangelization with joy becomes beauty in the liturgy, as part of our daily concern to spread goodness.

(The Joy of the Gospel 24)

**I spread goodness by.....**

A Prayer by St Louise  
Feast day 15<sup>th</sup> March

Lord, help me to imitate your way of living and acting. You said that you had come upon earth to serve not to be served; teach me to show great gentleness towards all, to imitate your goodness in welcoming them.

Like you, I want to love tenderly. To be respectful to all those I meet, to be affable and gentle to those in the greatest need. Lord, teach me to maintain always great esteem for my neighbour. Your life on earth, your death and resurrection bear witness to your love for all.



St Louise de Marillac  
Spiritual Writings



DIOCESE of SALFORD