



A JOYFUL HEART

By Julie Mussché

Today's Gospel

*Mary set out
and traveled to the hill country in haste
to a town of Judah,
where she entered the house of Zechariah
and greeted Elizabeth.
When Elizabeth heard Mary's greeting,
the infant leaped in her womb,
and Elizabeth, filled with the Holy Spirit,
cried out in a loud voice and said,
"Blessed are you among women,
and blessed is the fruit of your womb.
And how does this happen to me,
that the mother of my Lord should come to me?
For at the moment the sound of your greeting reached my ears,
the infant in my womb leaped for joy.
Blessed are you who believed*

*that what was spoken to you by the Lord
would be fulfilled.”*

LUKE 1:39-45

Reflection

An invitation to think back to a time when you leapt for joy: what were the circumstances? Consider your emotional response, and your tangible reaction of leaping. Based on the reading today, leaping for joy has been part of the human experience for a long time. In looking for definitions of joy, this description from the Merriam-Webster dictionary resonated for me: “a state of happiness or felicity.” In the case of the passage, we are witness to a spontaneous outburst of joy from both mother and child at the anticipation of the birth of the Messiah. Notice that Elizabeth is energized by the Holy Spirit in this prophetic moment of pure bliss and then, at the closing of this passage, affirms the promise of salvation with a statement of faith.

Today’s reading reminds me that Christianity has at its core a message of joy and promise. So, as we finish with the preparatory season of Advent and move into the joyful season of Christmas this week, shall we walk through a mnemonic of the word “joyful” to celebrate the season? This is where my reflections led and I hope you enjoy the narratives that go along with the themes. It is my intention to keep the reflections short as this is a season that is full. Season’s blessings to you all!



Kids Jumping Together
Photo by Lalu Fatoni

For Pondering

- Where do you find joy in your life? What makes you leap with happiness and felicity?
- How is God present in your jumping for joy?

For Prayer

For prayer today, if you have a moment, listen and dance (if you would like) to a version of “Joyful, Joyful, We Adore Thee.” There are many versions on YouTube. I hope one sings to your joyful heart.

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