

*In the spirit of Pope Francis' joyful and action-oriented pastoral approach,
here are:*



Fifty ways to live the *Joy of the Gospel*

1. Hold or touch a cross, take a deep breath, and say 'yes' to living this day with hope.
2. Start and end each day with a prayer of praise.
3. Be grateful for a difficult challenge. How is the Lord teaching you?
4. During the Easter season, throw a resurrection party.
5. Extend a hand in friendship to a little-known neighbor.
6. Take a walk in the park and allow God to speak to you through nature: sunshine, an evening breeze, and the sounds of children playing.
7. Romance your spouse.
8. Congratulate a newly baptized Christian.
9. Welcome God's gift of life. Rejoice in a friend's pregnancy.
10. Say thank you to those who work hard for your parish, for your local community, for your nation.
11. Break the gossip cycle. Let the nasty rumor stop with me. Or if you must gossip, start a positive (and truthful) rumor! In other words, spread joy not angst.
12. Take a joy-filled Scripture verse and 'chew' on it during the day. (Evangelii Gaudium offers examples from both Testaments in #4 - 5.)
13. Pray at the grave of a loved one. Reaffirm your belief in the gift of eternal life.
14. Ponder the miracle of new life. Gaze upon a newborn baby. Let your contemplative gaze draw you into the heart of God.
15. Look for an opportunity to genuinely affirm a family member's appearance.
16. Who is the most joyful person you know? Tell them. 'Catch' their joy, and spread it!

17. Who has loved you over the years but never heard you say 'I love you.' Say it (or write it) today.
18. Be prolife. At Mass, offer a supportive smile for young couples with fidgety children. Check on an elderly neighbor, especially during a storm or in heatwave conditions.
19. Undertake a thankless task at home or in the parish which is usually left to somebody else.
20. Turn off the TV or radio, close down your computer, iPhone, iPad... and be more present to your family.
21. Get in touch with your local neighborhood. Walk to the shops instead of driving. It's amazing what you will notice as you stroll along at street level.
22. Take your pulse and ponder the gift of life pulsing through your body.
23. Organize a memorable family meal. Invite a guest who doesn't have a family to turn to.
24. Go to the Eucharist on your lunch hour. Invite a colleague.
25. Make a memory. Teach your children a game you played 'when you were young'!
26. Pray the rosary. But slow down your praying! Linger over the rich biblical imagery that the rosary leads you to contemplate.
27. Increase the 'joy' level at home. Be quick to praise and slow to criticize. Choose to be enthusiastic when you least feel like it.
28. Lighten up. Laugh a little more. Rejoice in the divine sense of humor.
29. Pinpoint a 'grey' area that is blocking your joy. Name it. Fear? Loneliness? Sometimes just accurately identifying our burdens can help take the 'sting' out of them.
30. Unburden your heart. Release a grudge you harbor. Deepen this healing by receiving the Sacrament of Reconciliation.
31. In Scripture, when a messenger of God announces a great joy it is often accompanied by 'Do not be afraid.' Ponder this connection, and what it means for your life.
32. Read the story of a saint who inspires you to live life at greater heights of gospel awareness.
33. Treasure your freedom. Visit or write to someone in prison.