

# Gaudete et Exsultate!

(Gow-day-tay ett Egg-sul-tah-tay)

## Rejoice and be glad!



## Opening Responses

- Reader We gather in the name of the Father:
- All who created his children for joy and delight in his presence.**
- Reader We gather in the name of the Son:
- All Who promised a joy that the world could not take away.**
- Reader We gather in the name of the Holy Spirit.
- All Who bears the fruit of joy in the lives of all who are open to his gifts.**

## Scripture Reading

Listening and pondering on what the St Paul is saying in his letter to the Philippians (Philippians 4: 4-7) about rejoicing in everything.

In the Letter to the Philippians, St Paul writes:

Rejoice in the Lord always; again I will say, Rejoice.

Let your gentleness be known to everyone.

The Lord is near.

Do not worry about anything,

but in everything by prayer and supplication with thanksgiving

let your requests be made known to God.

And the peace of God, which surpasses all understanding,

will guard your hearts and your minds in Christ Jesus.

*Philippians 4: 4-7*

- Do we feel that Paul is being realistic about joy and not worrying about anything?
- Do we find his words helpful or do they make us feel guilty when we cannot always rejoice or not worry?

## Reflecting Together

Putting Scripture and life in our own times together – and looking at our part in offering the world hope.

Let's think about what Pope Francis says – and how it might apply to us here today.

- How do Pope Francis' words echo what St Paul said?
- How easy is it to avoid consumerism – especially at this time of year?
- What might help us to focus on the good of others – and find joy in doing it?



## Closing Prayer

Reread the scripture passage.

Allow a pause then

**All**            **Loving God,**  
**the prophets spoke of the joy the coming of your Son would bring.**  
**Help us to show that this joy has come into the world –**  
**in the simple ways that make big differences to people's lives.**  
**Amen.**

Reader        And may God bless us this night and all nights (*or* today and all days)

**All**            **The Father, the Son and the Holy Spirit.**

Reader        And until we meet again may God hold us and those we love in the  
palm of his hand.

**All**            **Amen.**



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