



Year C, Third Sunday of Advent

December 15, 2024: *Zephaniah 3:14-20; Isaiah 12:2-6; Philippians 4:4-7; Luke 3:7-18*

"With joy you will draw water from the wells of salvation." Isaiah 12:3

A JOYFUL soul draws its fill and *with* JOY, we drink to overflowing from the living, eternal waters of salvation.

JOY is an *internal* state of being. When we or someone important to us experiences something positive, JOY emerges as excitement, delight, astonishment and happiness: And dare I say feelings of satisfaction and pride.

Enduring JOY is assured when we are ("living more from our authentic self, developing healthy relationships and contributing to others and living more aligned with our ethical and spiritual ideals." Psychology Today, Dr. Pamela King). Jesus puts it this way, "*Love the Lord your God with all your heart and with all your soul and with all your mind and your neighbor as yourself.*" *Matthew 22:37* and JOY is guaranteed!

Uncertainty, anxiety and fear can arise from NOT-KNOWING. *KNOW*, with confidence that these emotions are washed away by the torrents of JOY!

Joy to the Earth, the Savior reigns
Let all their songs employ
While fields and floods, rocks, hills, and plains
Repeat the sounding joy
Let us Repeat the sounding joy
Repeat, repeat the sounding joy.

Advent Blessings,
Rev. Julia