

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

Fifty ways to live the Joy of the Gospel

Part 2:

11. Break the gossip cycle. Let the nasty rumour stop with me. Or if you must gossip, start a positive (and truthful) rumour! 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 pro-life. At Mass, offer a supportive smile for young couples with fidgety children. Check on an elderly neighbour, 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.

Perhaps this list will stimulate your journey of conversion and outreach. Perhaps it will move you to compile your own list, tailored to your specific circumstances and personal challenges. This could also be done on your own, with your partner or as a family.

Living the Gospel is a great joy, and a great challenge; one which we undertake day by day, step by step.

Strength to your journey!

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