"BE THANKFUL AND BE FILL OF JOY"
You can adapt the prayer according to your context. You can use candles, flowers, music, etc...

INTRODUCTION.
Almighty Father, receive our prayer and worship. Allow us to kneel downs before you with all our imperfection, to worship you and praise with enthusiasm, for the joy of knowing you.

Time of reflection and meditation.

Thanksgiving:

Let us thank you Father, with simplicity. We owe everything to You. We don’t have words to express our gratitude, we want You to fill us as humbly we say: "we thank you and we praise you".

I personally say thank you for life, for making me who I am, for planting in my heart your seed of divine life. Grant me the gift of awareness so that I don't miss the light, water and food, which allows that seed to germinate, and to bear fruit. Thank you for your infinite care.

Thank you for... (each participant can express your Thanksgiving)

LOOKING AT OUR LIFE:
What do we want?
We always want to have many things, and we don't realize that we only need you and then we have everything.

How is life?
The world and life are beautiful, but there are also many problems, situations and realities that can make us fall into sadness, inner emptiness, solitude and isolation.

What we are looking for? Where are we going?
We are always looking for more and more. Often we don't know what we are looking for and so we never find it. We don't know where we are going, we feel that the light has gone out. We can’t see the road ahead and we don’t realize that YOU are the Way. You are always present, extending your hand to lead us. Many times we do not see it or we don't want to see it, we are insensitive to your presence and we fall into despair.

PRAYER (**):

We come to you merciful Father, to praise you and ask you:

- Lord, my God, only you can touch us and fill our heart with your Gospel and its joy, so that we can love ourselves and love others as ourselves. R/ Lord hear our prayer.

It is the joy that we live everyday which is our response to our Father God’s loving invitation: «Son, in the best way of your possibilities treat yourself well [...] Don’t deprive of spending a good day» (Si 14,11.14). ¡How much of a father’s tenderness is behind these words!
 ➢ Make us know we are saved and fill us with joy. R/ Lord here our prayer.

Perhaps the most contagious invitation is that of the Prophet Zephaniah, who shows us God as a bright center of feasting and joy and who wants to communicate to his people the joy of salvation. It fills me with life when I read this text: "your God is among you, mighty Savior. He rejoices with joy for you, he renews you with love, and dances for you with shouts of joy" (3.17).

 ➢ Make us reborn everyday with your joy. R/ Lord hear our prayer.

Jesus’ message is a source of joy: “I have told you these things so my delight may be in you and your joy be full” (Jn 15.11). Our Christian joy drinks from the source of his overflowing heart. He promises to his disciples: "You will be sad, but your sorrow will turn into joy” (Jn 16.20). And he insists: «I will see you again and your hearts will rejoice, and no one can take away your joy» (Jn 16,22). Then they saw him risen, "rejoiced" (Jn 20.20). The Acts of the Apostles tells that in the first community «they took food with joy» (2.46). Where the disciples were there was" great joy" (8.8), and they, in the midst of persecution, «were full of joy» (13.52). A eunuch, just baptized, «when on his way with joy» (8.39). Why not enter also into that river of joy?

 ➢ Lord, make us your messagers bringing your message, the Good News. R/ Make us your messagers.

A renewed call to believers, also to the indifferent, to have joy in their faith, it makes believers always renewed; even if they are out of step, "it will renew them in vigor, they will rise with wings of an eagle, they will run without fatigue and walk without getting tired» (Is 40.31). Christ is the "eternal Gospel" (Ap 14.6), and is "the same yesterday, today and for ever" (Hb 13.8. His richness and beauty are endless. He is always young and a constant source of newness.

 ➢ Lord strenghen our faith in joy. R/ Lord hear our prayer.

I understand people who are saddened by the serious difficulties that have to suffer, but gradually all must allow the joy of faith to begin to awaken in us a firm confidence, even in the midst of the worst anguish: "I am far from peace, I have forgotten joy [...] But something I bring to memory is that the love of the Lord is not over, his tenderness is not exhausted. Morning after morning they are renewed. Great is his faithfulness! [...] it is good to quietly wait for the salvation of the Lord" (Lm 3, 17,21-23.26).

OUR FATHER

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**NOTE: The texts of the prayer are taking from the Apostolic Exhortation EVANGELII GAUDIUM of the holy father Francis**