


Weekly Update for Children and Families

CHRIST UNITED METHODIST CHURCH



MARY SINGS WITH JOY

Even though her life was about to change, Mary sang a song of joy to God about what her child (Jesus) would do. When have you been scared AND joyful? Being able to name different emotions we have--especially when they seem like opposites--builds resilience.



CANTICLE OF MARY (LUKE 1:46-55)
THE SOUL REJOICES IN THE LORD

MY SOUL PROCLAIMS THE GREATNESS OF THE LORD,
MY SPIRIT REJOICES IN GOD MY SAVIOR
FOR HE HAS LOOKED WITH FAVOR ON HIS LOWLY SERVANT.

FROM THIS DAY ALL GENERATIONS WILL CALL ME BLESSED:
THE ALMIGHTY HAS DONE GREAT THINGS FOR ME,
AND HOLY IS HIS NAME.

HE HAS MERCY ON THOSE WHO FEAR HIM
IN EVERY GENERATION.

HE HAS SHOWN THE STRENGTH OF HIS ARM,
HE HAS SCATTERED THE PROUD IN THEIR CONCEIT.

HE HAS CAST DOWN THE MIGHTY FROM THEIR THRONES,
AND HAS LIFTED UP THE LOWLY.

HE HAS FILLED THE HUNGRY WITH GOOD THINGS,
AND THE RICH HE HAS SENT AWAY EMPTY.

HE HAS COME TO THE HELP OF HIS SERVANT ISRAEL
FOR HE HAS REMEMBERED HIS PROMISE OF MERCY,
THE PROMISE HE MADE TO OUR FATHERS,
TO ABRAHAM AND HIS CHILDREN FOR EVER.

How do you experience JOY as you worship in church?

IDEAS TO CELEBRATE ADVENT IN YOUR HOME

Create an ornament each week between worship services. Today's is joy!

Light a candle at dinner each night and talk about the things that brought you joy or laughter during the day.

Who do you know who needs some extra joy? Call them on the phone this week.

Come to worship next week to celebrate this Advent season of LOVE (9:00am) and Christmas Eve (11:00am, 4:00pm, 7:00pm and 10:00pm.)



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What songs have the word "joy"?
What do you do when you feel joy?
Do you have a "dance for joy"?