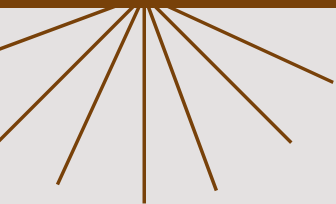


“PILGRIMS OF HOPE”

Program of Spiritual Formation
of Ukrainian Youth for the Jubilee Year



4. THE GUIDE



Meeting 6
June 2025

6. Joy

Holy Door



6.1 Prayer

In the name of the Father,
and of the Son, and of the Holy Spirit.
Amen. O Heavenly King.
The Lord's Prayer. Hail Mary.



6.2 Patron Saint

Saint Philip Neri

Saint Philip Neri, who was called the “*Apostle of Rome*” during his lifetime, was an example of a man who lived with complete joy, despite the difficulties, poverty and constant challenges of his time.

He was born in Italy in the 16th century. He had a good sense of humor, ease in communication and sincere kindness. But his joy was not superficial cheerfulness. It was the joy of a heart that belonged entirely to God. It was the fruit of love for Christ and for people.

Philip dedicated his life to serving the poor, the lonely, and the young. He said: “*A sad saint is a doubtful saint,*” because he believed that a true Christian life should shine with joy. He was chosen as a spiritual director by many people - both noble and simple - because he knew how to listen with the heart, inspire and support.



6. Joy

Holy Door



6.2 Patron Saint

Saint Philip Neri

Even when he witnessed pain, death or injustice, Philip did not lose peace: he trusted in God's love, he remained in it, as Jesus says in the Gospel of John. His inner joy was a source of strength - he shared it, as the true fruit of love, even in sacrifice and work for others.

Saint Philip Neri shows that complete joy is not the absence of problems, but the presence of God's love, which we receive and give away. And this is what fills life with meaning.



6.3 God's Word

The Gospel of John (15:9-13)

"As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends.

Reflections:

If we try to review the choices we have made - more or less important and conscious - then perhaps we will find a common denominator: the desire for a happy life. And who wouldn't want to live beautifully, fully, with taste! However, can we be sure that all our choices really led to true happiness?



6. Joy

Holy Door



6.3 God's Word

Reflections

Jesus shows us the path we can take - daily, simple - to experience true joy. He invites us to remain in his love, that is, to enjoy the love of the Father through the Son. Jesus desires for each of us a life filled with depth and meaning that the word “happy” cannot even fully express.

He tells us that keeping his commandments allows us to experience this love that has been given. But he does not demand that we obey the commandments as a strict rule, but calls us to keep them in our hearts - so that our actions are their living expression.

This preservation of God's law and the certainty that we are already beloved children of the Father make us authors of the daily good works that this world and each one of us so needs.

We are called, through simple, quiet and selfless actions, to slow down our own pace to make room for others: through a look full of hope, a gesture of solidarity, a concrete help. We are invited to risk our own stability to lean towards those who walk alongside us, and thus find a new balance.

How wonderful it would be if those we meet every day could, through our actions and words, in all the places where we are, see God's love for us! If those who live nearby could feel that we are beloved children who want to love, despite difficulties and human weakness.

To abide in his love in order to walk towards a life full of fruit is what we are fortunately called to do.



6. Joy

Holy Door



6.4 Subject block

Complete joy is the guarantee of a love that gives itself. It is the fruitfulness of a seed that has fallen into good soil: it dies to give new fruit. It is the grace of giving oneself.

Joy is always with you, it is never far from you. It is a story of fruitfulness, despite the difficulties, contradictions and defeats in which we find ourselves. Joy is something daily and, despite everything, it is not simply about psychological or physical well-being, but accompanies the choice even in efforts and sacrifices.

Joy is, above all, the wisdom of a heart that feels light, does not burden others or itself, but lives with simplicity and humility, being within life.



6.5 Personal reflections

- Who or what gives you complete joy?
- Is there complete joy even in the effort and sacrifice made for the sake of true love for someone?
- Can complete joy be the daily wisdom of the heart?
- Joyful people make life's difficulties easier to bear: despite the trials, contradictions, and defeats in which we find ourselves, are you able to maintain the peace of one who knows how to trust and be trusted?
- Are you able to share the burdens of others in a spirit of mutual support, or are you more accustomed to placing burdens on others that they cannot bear?



6. Joy

Holy Door



6.6 Work in groups

“CHASING JOY”

Duration: 30-35 min.

Format: (each group of 4-6 people is a separate source of joy)

Purpose: To deepen the understanding of different sources of joy and to draw a common conclusion: what is true, complete joy in life.

LESSON PROCEDURE

Opening remarks (5 min)

“Today you will become experts on one source of joy. But not all sources are the same. Some are bright but fleeting. Others are quiet but real. Your mission is to explore one of them and help everyone discover where the source of true joy is.”

GROUPS (4-6 participants each)

Each group is given one “station topic”. A worksheet may be distributed or a “corner” may be set up in the room.

STATIONS / GROUP TOPICS (20 min):

1. *FAME*

Task:

- Give examples of people who sought fame.
- When is fame real and when is it an illusion?
- What kind of joy does it give and does it last long?

Visualization task: make a poster:

“Why fame is not always happiness”



6. Joy

Holy Door



6.6 Work in groups



2. *MONEY*

Task:

- Choose 3 situations where you can spend money.
- Which choice will bring only pleasure, and which will bring deeper joy?
- Can money be a tool for good?

Visualization: Make a diagram/infographic: “Money + love = true joy?”

3. *FRIENDS*

Task:

- Remember examples when friendship brought joy.
- What destroys friendship?
- How to build real relationships?

Visualization: create a symbol of friendship: “Friends are the key to joy if...”

4. *LOVE*

Task:

- What is the difference between “infatuation” and true love?
- What kind of love brings joy, even if it hurts?

Visualization: a heart made of puzzles with the inscriptions: “Love that gives joy”

5. *GOD*

Task:

- Read the passage John 15:9-11 “These things I have spoken to you, that my joy may be in you...”
- What is God’s joy? How to experience it?

Visualization: a drawing of “source of joy, a short prayer.



6. Joy

Holy Door



6.6 Work in groups

FINAL (10-15 min)

Each group:

- Presents its topic – 2-3 minutes.
- Posts or demonstrates its creative result.
- Everyone together makes a common conclusion:

“What kind of joy should we choose so that it is “full and lasting”?”

Conclusion: “True joy is not in things, but in a deep connection: with God, with others, with the truth. It is not always easy, but always bright, because the truth is Jesus Christ himself”

PREPARATION CHECKLIST:

- Divide participants into 5 groups
- Tasks + sheets with topics (can be printed as “mini-cards”)
- Stationery: flipcharts/Whatman paper, markers, glue, scissors
- Bibles or printout of the passage John 15:9-11
- Space for presentations (wall, board or tables)

Photos with creative works



6.7 Testimony

#pilgrimsofhope
#jubileeofyouth
#jubileeyear2025

We encourage young people to post the hashtags during the month:
#pilgrimsofhope #jubileeofyouth #jubileeyear2025

Joy is not just a good mood. It is the inner peace and light that come when you live in God's love, even in the midst of difficulties.



6. Joy

Holy Door



6.7 Testimony

#pilgrimsofhope
#jubileeofyouth
#jubileeyear2025

We invite you to a short spiritual journey that will help you see that the source of true joy is not from the outside, but from the depths of your heart.

Task: "Moments of Joy"

1. Photo story "where I felt joy"

Take a photo of a place, a moment or something simple (hands, coffee, nature, a smile) that for you is a sign of true joy. You can share this photo with a short caption on social networks or with a group.

2. Remember a moment of true joy. Describe briefly:

- What was that moment?
- What gave you joy?
- Was God in it?

3. The "bearer of joy" in your life. Remember a person who radiates joy. Write a few sentences:

- What inspires you about her?
- What trait of her heart would you like in yourself?

4. "Joy is..." Complete this sentence with three of your own. For example:

- Joy is when someone truly listens to me.
- Joy is the smell of rain after a hot day.
- Joy is knowing that I am loved, even when I am weak



6.8 Final prayer

Completion of spiritual work, prayer of choice: Prayer to Jesus Christ / Jesus Prayer / Rosary / Theseus / Prayer in Silence.



6. Joy

Holy Door



Books:

Annex

1. “The Joy of the Gospel” – Pope Francis

Pope Francis calls on Christians to bring to the world the joy that is born from a personal encounter with Christ. This joy is the missionary power of the Church, capable of changing hearts and societies. The book inspires a true, unforced and effective faith.

2. “Man’s Search for True Meaning” – Viktor Frankl

Testimony of a psychiatrist who survived a concentration camp and discovered that the meaning of life and inner joy are possible even in the worst circumstances. Frankl shows that joy is not a matter of circumstances, but of choice and inner position.

3. “Warm Stories” – Nadiia Herbish

A collection of kind, sincere stories about the small joys of everyday life, family, love, hope and God, living in the details. The texts create an atmosphere of peace and gratitude, teaching us to see joy in the simple.

4. “Sunflowers” – p. Andrii Zelinskyi, T.I.

Prayerful reflections written from the front. A profound book about the light that does not go out even in the darkness of war. Sunflowers are a symbol of love and hope that chooses the light even when it is dark around.

5. “The Life of Saint Philip Neri” – Pietro Giacomo Bacci

The story of a saint who lived with joy in his heart even in the midst of difficulties. His example proves that holiness and humor do not contradict each other, and joy is a deep sign of a heart close to God.



6. Joy

Holy Door



Movies:

Annex

1. Wonder (2017)

A touching story of a boy with a special face who teaches others to see the heart. A film about the power of kindness, acceptance and joy born of love and mutual support.

2. Saint Philip Neri: I Prefer Heaven (Preferisco il Paradiso) (2010)

A vivid and warm depiction of the life of Saint Philip Neri, his love for youth, sense of humor and service. Joy is shown not as a mood, but as a lifestyle filled with faith and God's light.

3. It's a Wonderful Life (1946)

A classic about a man who, on the verge of despair, discovers the meaning of his life and the power of love that surrounds him. True joy comes when you discover that you matter to others.

4. Amélie (2001)

A French story about a young woman who changes the lives of others through small acts of kindness. Although unconventional, it aptly shows how everyday kindness and consideration for others fill life with light.

