



Putting Joy into Practice, Chapter 1&2

1. What was the starting point of the author's journey of joy?
2. How do we kindle the divine fire in ourselves according to "Amma Syncletica"?
3. How is the Church adorned on the Resurrection Eve?
4. What is the highlight of the Resurrection Liturgy in the Coptic Church?
5. Describe the enactment of the Resurrection dialogue.
6. Who is Andrew?
7. What did Maryanne just go through one month before that Resurrection Feast?
8. How did Michelle love Christ?
9. What did the mother of 3 do while her mother was taking the Eucharist?
10. What is a sandwich generation?

11. Mention some of life struggles that hinder us from experiencing the joy of the Resurrection.
12. How are the funerals conducted during the joyous 50 days after the Resurrection?
13. What secret hope does the author wish for on the day she dies?
14. According to Fr. Tadros Malaty, the Church is continually suffering and joyful at the same time. Please elaborate.
15. What feast is called the Feast of Feasts? When do we celebrate it?
16. Does being joyful mean we do not have problems? Please explain the writer's point of view.
17. What other emotions that are usually confused with joy? Please give examples of each.
18. What is joy?
19. What did Helen Keller say about joy? (mention the 5 points)

20. Can you be joyful every day? What analogy did the author give about joy?

21. Name the 7 spiritual practices that have been handed down to us over the centuries of Christian tradition.

Fill in the blank:

22. These things I have spoken to you that _____ may remain in you, that your _____ may be full. This is my _____ that you _____ one another as I have _____ you.
(John 15:11-12)

23. Joy is experienced through _____ and _____ of sacrificial love.

24. _____ is the child of joy and peace (Fr. Evagrius of Pontus).

25. As Jesus says: " Therefore you now have _____, but I will see you again and your heart will _____, and your joy no one can _____ you (John 16:22)

26. How did the author gain her theological education? Please explain. (Mention 5 points)

27. How did the author's (Phoebe Farag-Mikhail) professional life help her in rediscovering her faith?

28. Name the Church's text that contains instructions about joy.

29. How does a joyful man compare to a sorrowful person?

30. According to the *Shepherd of Hermes*, joy for the Christians is not an option. Please explain.

31. What did late Bishop Samuel say about Spiritual Practices?

32. What does C.S. Lewis warn us against in his book, *Surprised by Joy*?

