



Putting Joy into Practice Chapters 1&2 of The Practices

Chapter 1: Praying the Hours

1. Describe the author's memory of seeing her mother praying the agpeya in the morning. How did that influence her to pray the agpeya, and specifically the morning hour?
2. What does the morning hour commemorate? Please give a reference that the author mentions.
3. What does it say in the book of Ephesians about avoiding sin?
4. What does the First Hour remind us to be, and what gift does the author mention that we have been granted? Please support your answer with references the author mentions.
5. Describe the format of the Agpeya, at what time each prayer is prayed, and the format of every hour.
6. How did the Church of Alexandria contribute the Agpeya to Christianity?
7. How does the author describe being part of an "eternal chorus" in regards to praying the hours? Please give the reference that the author mentions.
8. What does Traci Rhodes observe about praying the agpeya?
9. List some of the references that the author prayed while caring for her newborn? How did the author feel after reading them?
10. What does Pope Shenouda say about praying the psalms?
11. Who do the church fathers say are the "enemies" that we pray for vengeance?
12. What is the miracle of prayer that the author mentions happens during prayer? What does St. Paul say about this matter?
13. According to the author, what does the morning prayer give us the opportunity to do, and what does it empower us to do? Support with a biblical reference.
14. What can steal our joy and take our focus away from what truly is important?

Fill in the Blank

1. Through _____ the words of the _____ 'as our very own' we _____ a new _____ that makes possible a new _____ with _____
- St. Athanasius
2. The habit of _____ the agpeya also preserves us from _____ prayer when we are faced with difficulties or times of dryness. When we have made it a _____ of praying the agpeya once a day, and this is the _____ of a habit, then we discover the _____ of this habit _____ us to pray, even when we feel _____.
- Fr. Peter Farrington
3. On that day, God will not judge us about _____, nor for the _____ of prayer, but because by _____ - then we have opened the door to the _____
- St. Issac the Syrian
4. One is _____; the Father of all. One is His _____, who became _____, died and rose from the dead on the _____ day, and _____ us up with Him. _____ is the Holy Spirit, the _____, and the same in _____, who proceeds from the _____ and sanctifies the whole _____, teaching us to _____ the Holy Trinity in one _____, one _____. We praise Him, and we _____ Him forever. Amen

5. And the _____ became flesh and dwelt in us, and we _____ His _____, the glory as of the Only-begotten of His _____, full of _____ and _____” (_____ 1:14)

Chapter 2: Visiting the sick

1. Describe the story of the cluster of grapes and the monks.
2. How does the author relate the story of the cluster of the monks? Provide two biblical references.
3. What does His Grace Bishop Mettaeos say about the Christian being like a palm tree and its fruits?
4. What does the author say is the sweetness that we as Christians offer to others?
5. What does Abouna Tadros Malaty say is a misunderstanding of pouring joy to others? What does he say that Christ did?
6. Describe the Parable of the Talents that the author mentioned.
7. What does social science prove about serving others?
8. How does the author feel about visiting the sick on the feast days with her husband?
9. Name the saint and describe the story that the author tells her children when they are not thrilled about spending the feast days visiting the sick.
10. Whose work do we participate in when we visit the sick? Provide the reference that the author mentions.
11. After mentioning the account from Dr. Albert Rossi, the author mentions that visiting the sick is not about finding the words to say, or a sermon, or intrusive questions. Instead, what does she recommend?
12. Who is Layla, and what is her story?
13. What call to action does the author ask of near the end of the chapter?

Fill in the Blank:

1. “I am the _____ Vine and My _____ is the Vindresser. Every _____ in Me that does not bear _____ He takes away; and every branch that bears _____ He _____, that it may bear more _____ (John 15: _____)
2. O _____ King, the Spirit of _____, the Comforter, who is everywhere and _____ all things, _____ of _____ and giver of life, we ask you to _____ come and _____ within us
3. Fill our _____ with _____ and _____, that we, having _____, may _____ in every good _____