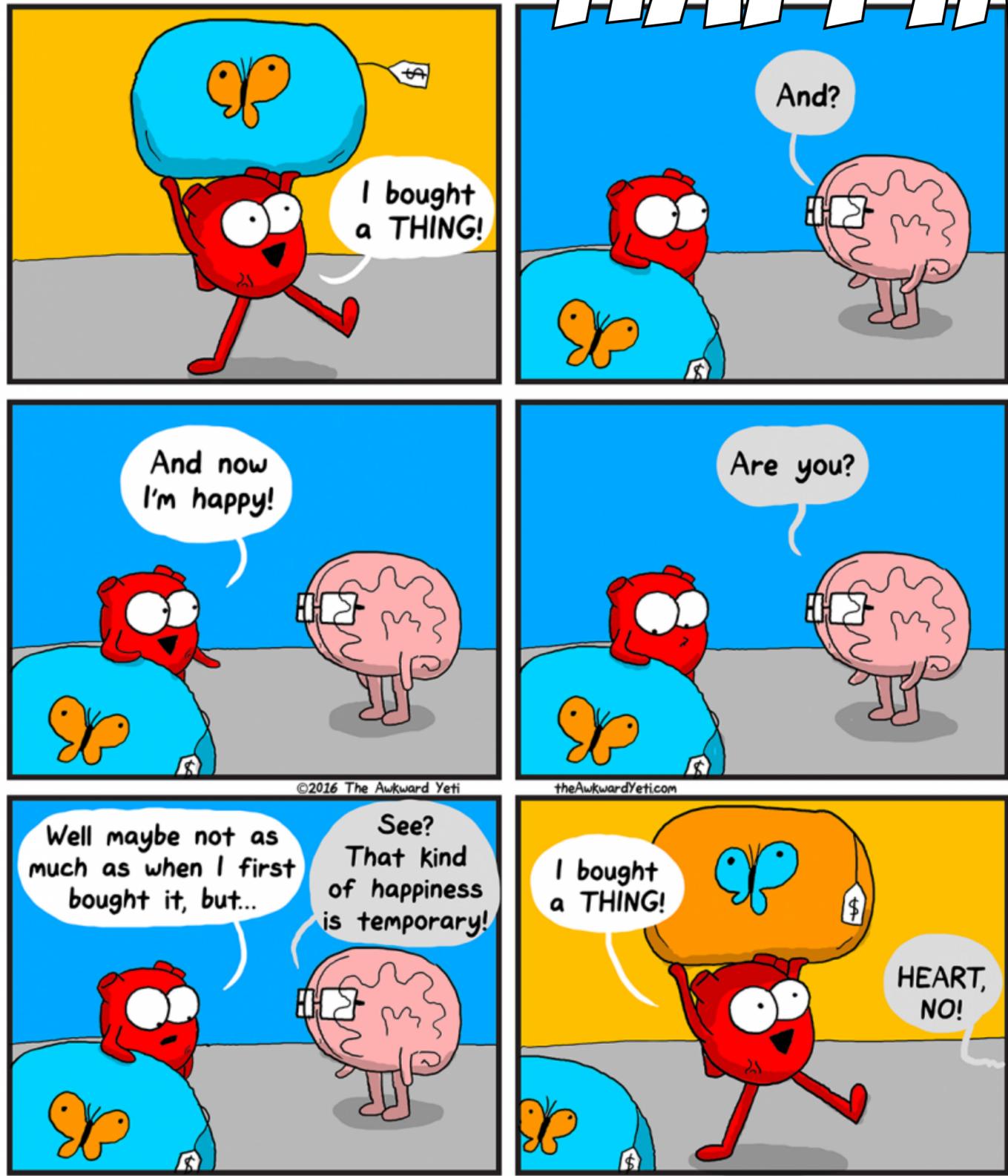




***THE SHADOW PROVES  
THE SUNSHINE***

# HAPPINESS VS. JOY



Happiness vs. Joy



You love Him even though you have never seen Him. Though you do not see Him now, you trust Him; and you rejoice with a glorious, inexpressible JOY.

1 P E T E R 1 : 8

# EUCATASTROPHE

*a stunning, unexpected turn of good fortune*

In western lands beneath the Sun  
the flowers may rise in Spring,  
the trees may bud, the waters run,  
the merry finches sing.  
Or there maybe 'tis cloudless night  
and swaying beeches bear  
the Elven-stars as jewels white  
amid their branching hair.

Though here at journey's end I lie  
in darkness buried deep,  
beyond all towers strong and high,  
beyond all mountains steep,  
above all shadows rides the Sun  
and Stars for ever dwell:  
I will not say the Day is done,  
nor bid the Stars farewell.

*JRR Tolkien*

"Gandalf! I thought you were dead!  
But then I thought I was dead myself.  
Is everything sad going to come untrue?  
What's happened to the world?"

"A great Shadow has departed,"  
said Gandalf, and then he laughed and the sound  
was like music, or like water in a parched land;  
and as he listened the thought came to Sam  
that he had not heard laughter, the pure sound of  
merriment, for days upon days without count.

*—Return of the King, JRR Tolkien*

# FAVOUR

**THE PEOPLE  
WALKING  
IN DARKNESS  
HAVE SEEN A**

**GREAT  
LIGHT**

**ISAIAH 9:2**



"Don't be afraid, Mary," the angel told her, "for you have found favor with God!

*You will conceive and give birth to a son, and you will name him Jesus. He will be very great and will be called the Son of the Most High. The Lord God will give him the throne of his ancestor David. And he will reign over Israel forever; his Kingdom will never end!"*

LUKE 1:30-33, NLT

# HONOURED

Blessed is she who has believed  
that the Lord would fulfill his  
promises to her!

Luke 1:45

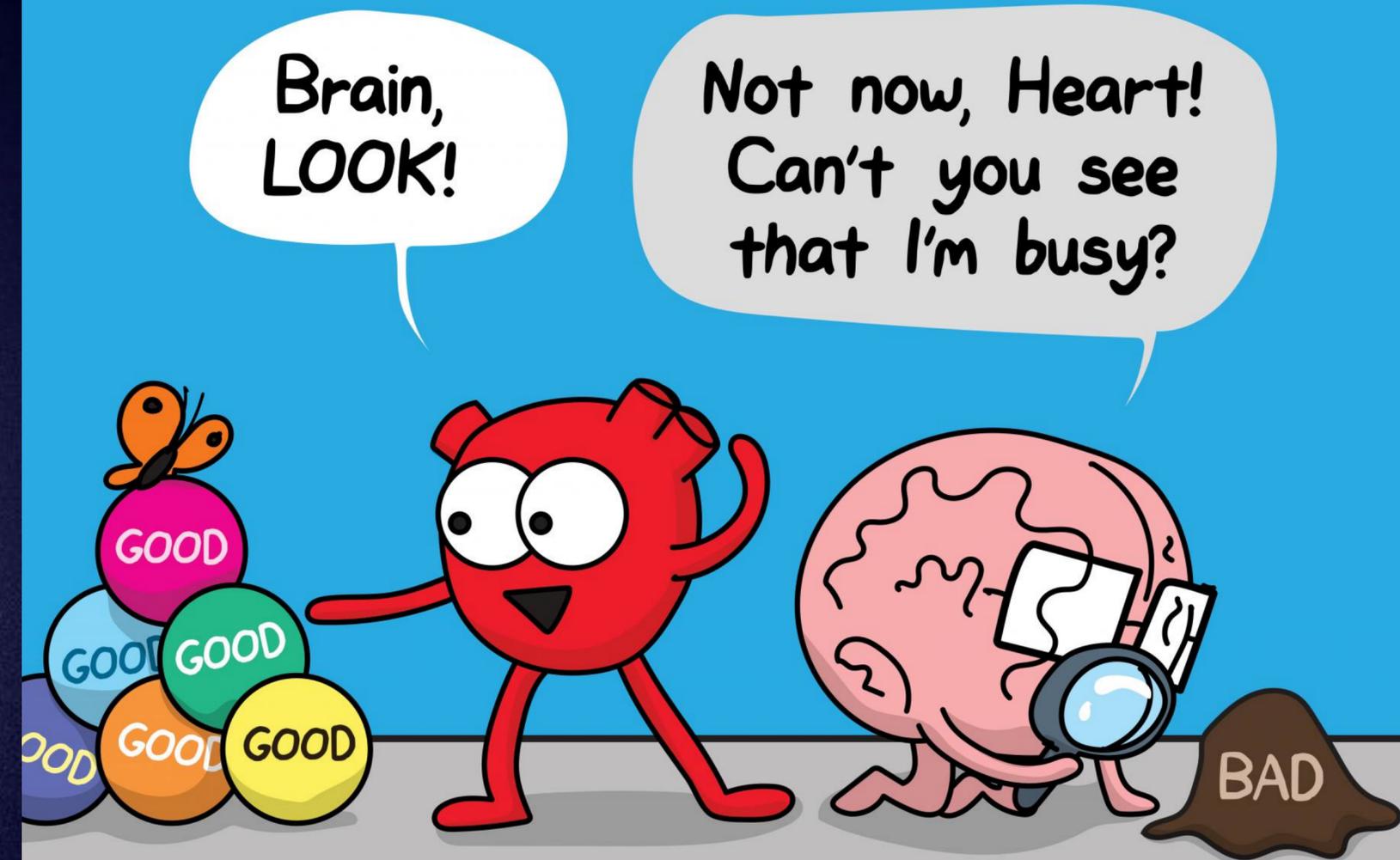


And Mary said,  
“My soul magnifies the Lord,  
and my spirit rejoices in God my Savior,  
for he has looked on the  
humble estate of his servant.  
For behold, from now on  
all generations will call me blessed;  
for he who is mighty has  
done great things for me,  
and holy is his name.

Luke 1:46-49

# TREASURE & PONDER

But Mary  
TREASURED UP all these things  
& pondered them  
IN HER HEART  
LUKE 2:19, NIV



According to psychologist Rick Hanson, our brain's alarm system, the amygdala, is wired so that the majority of its neurons are focused on negative information - threats, bad news, danger - rather than on positive experiences. This tendency means that painful experiences take just a few seconds to lodge in our brains, but good experiences take 12 seconds - four times as long - to form in our consciousness and move to our long-term memory.