VCU MASSEY COMPREHENSIVE CANCER CENTER



Candle of JOY

FACTS & FAITH FRIDAYS

Listen.

Scan the QR code to listen to a song inspired by Psalm 126 and sung by Rev. Rachel.

Read.

Joy is more than a response to blessing. It is a source of strength that sustains us through life's challenges and points us toward hope. In Psalm 126, the people rejoice not because they have forgotten their hardships, but because they recognize God's restoring work in their lives. They trust that the One who carried them through seasons of sorrow will continue to bring renewal.

During Advent, we are invited to see our lives and communities not only through what has been lost or endured, but through the gifts, wisdom, resilience, and faith passed down through generations. Joy becomes an intergenerational heirloom that sustains us, connects us to God's faithfulness, and equips us to face the future with hope. Like Mary, who rejoiced in God's promises, we are called to embrace joy as an act of faith, sowing seeds of healing, wellness, and compassion that future generations may reap with joy.



Act.

Send a note to someone who is dealing with a physical or mental illness with the intention of sharing joy!

"When the Lord restored the fortunes of Zion, we were like those who dream. Then our mouth was filled with laughter and our tongue with shouts of joy; then it was said among the nations, "The Lord has done great things for them." The Lord has done great things for us, and we rejoiced. Restore our fortunes, O Lord, like the watercourses in the Negeb. May those who sow in tears reap with shouts of joy. Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves." Psalm 126: 1- 6 NRSV

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