

1. Which prophet did we hear about today?
A) Isaiah
B) Habakkuk
C) Gerald
2. In what city did Habakkuk live?
A) Atlantis
B) Jerusalem
C) Candyland
3. What was the main concern for Habakkuk during his time in Jerusalem?
A) his favorite fruit market closing down
B) a shortage of chocolate in the city
C) enemies closing in on all sides and people forgetting God
4. When faced with challenging circumstances, Habakkuk chose to:
A) panic
B) trust God
C) lose hope
5. How did most Israelites make a living during Habakkuk's time?
A) farming
B) tent making
C) underwater basket weaving
6. Why did Habakkuk say he would still be glad?
A) because he won a lifetime supply of ice cream
B) because he discovered a hidden treasure in his backyard
C) because of what the Lord had done, filling him with joy
7. In the middle of chaos and hardship, Habakkuk chose:
A) joy
B) anger
C) complaining
8. Why would it be devastating to the Israelites if the crops failed?
A) They would not have pretty flowers and plants to decorate their homes.
B) They would not know what to do with all of their land.
C) They would have no food to eat.
9. What did Habakkuk emphasize about focusing on God in times of trouble?
A) that it brings peace and joy in the middle of hard times
B) the importance of making each other laugh
C) starting a new trend of wearing mismatched socks

A cheerful

broken

heart

spirit

makes

dries

you

you

healthy.

up.

But a

Proverbs 17:22
(NirV)

A cheerful

a crushed

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but

the bones.

Proverbs 17:22
(NIV)

- *A cheerful*: Put both hands up and shake them as if you're shaking pom-poms with enthusiasm.
- *heart*: Place open palm hands on your heart, one on top of the other.
- *makes*: Make fists with both hands, place one fist on top of the other, then move the bottom fist to the top, and repeat.
- *you*: Point to someone, or point to yourself.
- *healthy*.: Raise arms to a flexed biceps pose.
- *But*: Cross your arms in front of you, creating an X shape.
- *a broken*: Extend two fists out in front of you side by side, then twist by moving the fists in opposite directions.
- *spirit*: Place both hands over your heart, then slowly lower them while letting your fingers droop.
- *dries*: Place both hands below the neck to mimic being thirsty.
- *you*: Point to someone, or point to yourself.
- *up*.: Extend both arms upward, reaching toward the sky.
- *Proverbs 17:22, NIrV*: Place open palms in front of you.


- *A cheerful:* Put both hands up and shake them as if you're shaking pom-poms with enthusiasm.
- *heart:* Place open palm hands on your heart, one on top of the other.
- *is good:* Form two thumbs-up.
- *medicine,:* Pour imaginary medicine into an imaginary spoon, then mime taking the spoon to your mouth.
- *but:* Cross your arms in front of you, creating an X shape.
- *a crushed:* Extend two fists out in front of you side by side, then twist by moving the fist in opposite directions.
- *spirit:* Place both hands over your heart, then slowly lower them while letting your fingers droop.
- *dries:* Place both hands below the neck to mimic being thirsty.
- *up:* Extend both arms upward, reaching toward the sky.
- *the bones.:* Point to any bone on your body.
- *Proverbs 17:22, NIV:* Place open palms in front of you.

WEEK 1

We can have joy because of Jesus.
 Draw a picture of something that brings you joy!


2



WEEK 2

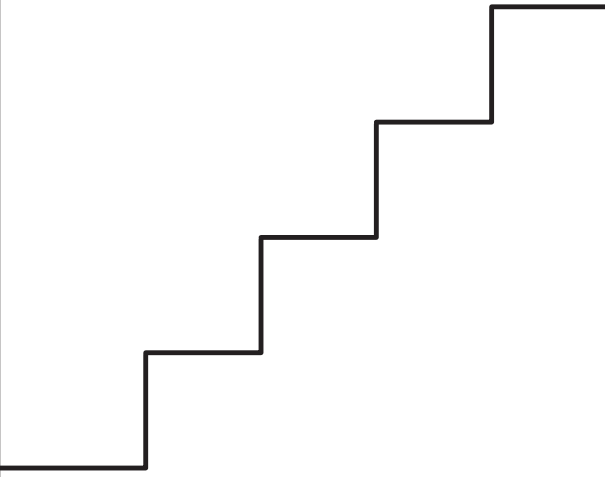
Make a habit of choosing joy.
 Draw a picture that shows a habit you want to develop that can bring you joy.

3



WEEK 3

Celebrate each step of the way.
 Think about new steps for new skills you have learned or tried recently. Write or draw about one on each step below.



4



Find joy in what you see around you.

I can find joy when I SEE

_____ •

I can find joy when I HEAR

_____ •

I can find joy when I TOUCH

_____ •

I can find joy when I SMELL

_____ •

I can find joy when I TASTE

_____ •



There's always a reason to celebrate.

Draw or write about a situation that feels scary or uncertain.

What to Do:

Print on paper, cut apart, and staple together, one set for each kid.

"Joy Journal" Activity Page

June 2024, Week 1-5, Small Group 2-3
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