



Choose the feeling you most closely relate to today from the front cover of your journal. Write it in the blank provided.

I CAN BE

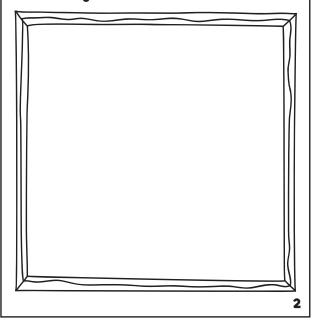
AND FIND JOY TODAY.

1



Joy is choosing to celebrate what God is doing.

Draw two things that can bring you joy today. It can be as simple as, "The peanut butter and jelly sandwich I'm about to eat." Or as big as, "The way God loves me no matter what."





How do you see God at work in the things that are bringing you joy today? Circle one idea below.

God provides for me.

God surrounds me with great people.

God brings comfort.

God inspires great ideas.

God is good.

3



Write the names of some people you can share something about joy with from your journal.
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