

# Joy is choosing to celebrate what God is doing.

## DAY 1

### Read James 1:2

Today's verse tells us that we will face all kinds of what? Trouble!

And when we face trouble, we should think about it as what? Pure joy.

Joy? How can I be happy when hard stuff happens? It requires a change in your thinking. Most people see hard stuff as well—hard. What if instead of being sad or frustrated about the trouble in front you, you looked at it like this. . .

With God, TROUBLE=JOY!

This week, when you face a hard or frustrating situation, instead of trying to figure it out on your own, why not ask God to help you? Why not bow your head or even say a few words with your eyes open, asking God to show you how to face the tough stuff and even find joy? Because no matter what you face, God is still in control. God loves you. And God will help you find joy in what you see around you.

## DAY 2

### Read Jeremiah 32:17

Think about your very favorite thing in creation. Is it a sunrise? The ocean? An animal you love? Or a tree you climb on the regular? Draw it on a piece of paper.

Did you know that God created the thing you love? Did you know it was God's idea? Every mountain and valley, every galaxy full of stars, every animal on the earth and fish in the sea, every person in every nation that has ever walked the earth— God made it all.

Nothing is too hard for God. God can do the impossible. The same God who formed your favorite thing in creation made you. God sent Jesus so that you can have a relationship with God forever. We can have joy because God is powerful enough to do the impossible.

Hold your drawing and talk to God about how you're feeling. Is something hard right now? Pray and ask for help to trust in God and to find joy in what you see around you.

DAY 3

### Read Psalm 43:4

This month is all about joy, which is choosing to celebrate what God is doing. Sometimes finding joy means remembering what's true. Even when things are hard, or when they don't go our way, God is still the same holy and loving God. God is still the one who made you and sent Jesus for you. Because of Who God is and ALL that God has done, you can worship and praise God, even on the hard days.

#### Worship With Joy

Worship is a great way to remember who God is and how much God loves you. Play some worship music and pay attention to the words of the song. If you don't have a way to play a worship song, sing one of the songs you've learned at church. Sing and thank God for the JOY you have because of all God has done for you.

DAY 4

### Read Psalm 126:3

What are some great things that God has done for you? Can you name a few?

#### What God Has Done

Gather your family together and pass out a piece of paper and a pen to each person. At the top, ask everyone to write, "What God Has Done for Me." Set a timer for two minutes. Challenge everyone to write down as many things as they can before time is up. Younger siblings can draw pictures if necessary. When time's up, pass each person's paper to the left and take turns sharing your lists.

Display your lists for the next week in a place where everyone will see them. When you start to feel yourself becoming frustrated or angry or sad, take a look at what you've written. Remember all that God has done for you and your family so that you can feel the JOY that God gives.



Find joy in  
what you see  
around you.