

Joy is choosing to celebrate what God is doing.

Read: Psalm 145:3



DAY
1

Find the Joy

With an adult, grab some of your favorite snacks. Using your five senses, test the snacks. What do you see, feel, taste, hear, and smell while eating your snack? Think about how you would experience the snack differently if you focused on one sense over another. It's so cool that God gave you different senses to enjoy the things around you!

THANK God for giving you senses to enjoy the world around you.

DAY
3

Worthy of Praise!

Psalm 145:3 talks about how great the Lord is. Read through the verse a few times and think about the ways you can praise God.

LOOK for ways that you can praise God for what you see around you.



DAY
4

Joy, Joy

Everything around us is from God. Talk to God about the things you did this week that brought you joy. You can pray something like what is written below or pray your own prayer.

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 "Dear God, You have created so many things that bring me joy. Thank You for my senses so I can experience You all around me. It makes my world so much more exciting. Thank You for the joy that I feel because of what's around me. I love You. Amen."

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ASK God to help you always see the joy around you.

DAY
2

It's in What You See

Draw pictures of your favorite things for each of the senses (draw five pictures). In other words, draw one of your favorite things to see, your favorite thing to hear, and so on.

KNOW God gives us different opportunities to enjoy the world around us.



Find joy in what you see around you.

