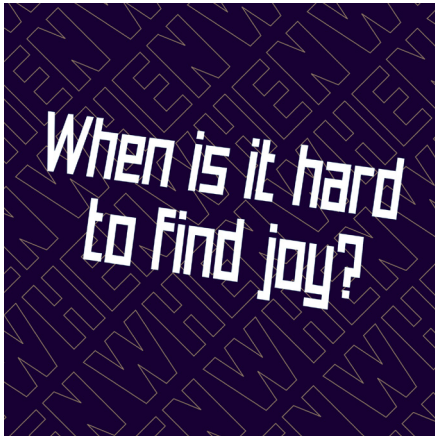


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Five horizontal dotted lines for journaling.

Eight horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Psalm 8, 16, and 19

Scan through Psalm 8, 16, and 19, and circle anything that brought joy to David, the writer of these passages. You don't have to catch everything—there's a lot mentioned in these chapters!

Now read back through it and underline the circled words of things that bring YOU joy.

Lastly, skim over the chapters one more time and highlight (or put an asterisk by) the words that are both circled and underlined that you can see right now or that you anticipate seeing today.

As you go throughout your day, pay attention and look out for these things that bring you joy!



Day 3

Ask your grownup if you can go on a prayer walk outside.

In fact, you can even invite them to join you!

As you walk (praying with your eyes open), talk to God. Thank God for the things that you see that bring you joy.

As you **find joy in what you see around you**, be specific in talking to God. Is it a beautiful sky? Name the colors and see if you can find any shapes in the clouds. Do you see the neighbor's cute dog? Share with God why that dog brings you joy—maybe you get to play catch with it sometimes or take care of it when your neighbor goes out of town.

As you specifically look for things that bring you joy and spend time celebrating what God has done in creating those things, you will likely experience even MORE joy!

Day 4

When is it hard to find joy?

Joy is always available to us, but that doesn't mean it's always easy to find. If you've ever asked God for something that seemed impossible, you know that sometimes the waiting part seems the hardest of all. But while we're waiting to see what God has planned, we can have patience and be joyful. We can have joy because we know that no matter what, God is with us, and God can do what seems to be impossible!

Do you know someone that is facing something that makes it hard to find joy? Take some time today to encourage that person—send a note, give them a call, or find some other way to reach out and remind your friend that you care about them. Don't tell your friend that they should be happy—that's never fun to hear, nor is it helpful. But you can remind them that God loves them and wants the best for them—this truth can help them find joy.

Day 5

What makes you happy?

Spending time with your friends? Playing a sport? Eating ice cream? As awesome as all those things are, the problem is, they don't last forever. But the joy that comes from knowing God, THAT lasts. The great news is that God has promised to never leave us, so we can ALWAYS have joy!

Read Psalm 16:9–11, then cut the Bible verse below so you have several. Grab some tape and put the verses in places where you find happiness (maybe on the ice cream in the freezer or your favorite video game). Then when that temporary happiness comes to an end (the ice cream is empty, or your screen time is up), thank God for providing joy that lasts forever!

You will fill me with joy when I am with you. You will give me endless pleasures at your right hand.

You will fill me with joy when I am with you. You will give me endless pleasures at your right hand.

You will fill me with joy when I am with you. You will give me endless pleasures at your right hand.

You will fill me with joy when I am with you. You will give me endless pleasures at your right hand.