

Joy is choosing to celebrate what God is doing.

DAY 1

Read Psalm 27:14

What do you hope for? Maybe you're hoping your teacher won't assign homework or your mom will make spaghetti for dinner. Maybe you're hoping that kid on the bus will be nice today. Or your Mom will find a job. Or your grandmother will feel better.

Even before we know how things will work out, we can choose to celebrate what God can and WILL do because God is in control. Not only that, but God loves us. Even if the thing we're hoping for doesn't work out the way we want it to, we can still trust that God loves us and will be with us. When you wait with hope, you can help others find joy too.

What's Missing?

Fill in the missing words from today's verse. Then pray and ask God to help you hope with joy this week.

"Wait for the Be and don't lose Wait for the"

Psalm 27:14, NIV

DAY 2

Read Romans 12:15

In Bible times, it was customary to celebrate and mourn together. Entire villages would attend weddings and funerals as a way to support one another. Can you imagine inviting everyone in your town to your wedding? Or finding a church large enough to house everyone for a family member's funeral?

Sometimes all it takes is that one friend to make a difference. When a friend is sad, be the kind of friend who sits and listens. When a friend is excited and happy, be the kind of friend who celebrates with enthusiasm. You can encourage and help when friends are sad, and you can help others find joy too.

Prayers Of Joy

Do you have a friend who's had a hard day? Or a friend who's really excited about something? Stop and pray for that friend. Ask God to help you support and encourage them so they know you're on their side.

DAY 3

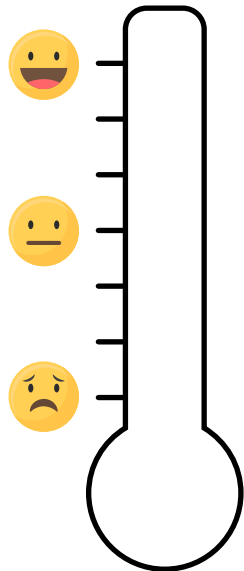
Read Acts 2:46-47

The first followers of Jesus made up the early church. But church wasn't about meeting in a building. It was about gathering together to share what they had. They needed each other to lean on, to encourage each other, and to keep telling others about what Jesus had done even when it was hard. When they met, their hearts were happy. Gathering together brought them joy!

When you gather with your small group at church to pray together, learn together, and worship together, it's like filling up your gas tank with joy! And that joy can help you live out your faith and shine bright for Jesus all through the week.

Joy-O-Meter

How joyful do you feel today? Fill in the JOY-O-METER below to indicate your joy level. If it's low, talk to your parents about getting together with others who bring you joy so you can be encouraged and be an encouragement to others.



DAY 4

Read Proverbs 17:22

Healthy Habit Jumble

REST EXERCISE WATER SUNSHINE
OXYGEN JOY FRUITS AND VEGETABLES

Getting plenty of rest and exercise, drinking plenty of water, eating healthy foods, and making sure you get outside for some sunshine are all ways to keep your body in tip-top shape. But there is something else you can do to stay healthy! A cheerful heart is like good medicine. In other words, joy can make you feel better!

Try spreading some joy today.

How could you help someone else in your family?

How could you encourage a friend who is down?

Who needs to hear a silly joke or a funny story?

What is ONE thing you could do today to spread joy and cheer someone up?

Pray and ask God to help you follow through on spreading joy around like good medicine this week!

Answer key: Rest, exercise, water, sunshine, oxygen, joy, fruits and vegetables



You can help others find joy.