

# Joy is choosing to celebrate what God is doing.

Read: Philippians 4:4



DAY

1

## Choosing Joy

With someone else, do something that brings you joy. Maybe it's playing your favorite game or having your favorite snack. Ask your adult about a time God has brought them joy. Have a conversation about what brings you joy and where it comes from!

**THANK God for putting things in your life that bring you joy.**

DAY

2

## Celebrate God

The Israelites celebrated God every chance they got. Once they were out of the wilderness, they celebrated God, offering thanks for being rescued once again.

Draw a picture of something you can celebrate and thank God for.

**ASK God to help you remember to celebrate all that God has done for you.**

DAY

3

## Be Joyful

Read Philippians 4:4 out loud. When you come to the word *joyful*, shout it out! (If you have a noisemaker somewhere around your house, like a kazoo or drum, you can play that too!)

**LOOK for ways to be joyful.**



DAY

4

## Pray Joyfully

Pray a prayer of joy. Talk to God about things in your life that bring you joy. You can pray your own prayer or use the prayer below.

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 "Dear God, thank You for all the joy you have brought to my life! Thank You for the people and things in my life that bring me joy. All of the joy in my life comes from You, and I am grateful. I pray that I can always choose joy, no matter what is going on around me. Thank you, God. In Jesus' Name, I pray. Amen."  
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**KNOW that joy comes from God.**



## Make a habit of choosing joy.

# Color the pictures of things that bring you joy.

