

# Joy is choosing to celebrate what God is doing.

## DAY 1

### Read Philippians 4:4

Today’s verse sums up exactly why you can find joy in every situation. According to Philippians 4:4, why should you “always be joyful?”

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Yes! Because you belong to God.

And what does Paul, who wrote these words in a letter to the church in Philippi, say a second time?

.....

Be joyful! To make it very clear, he says it twice. No matter what happens, you can choose joy because you belong to God. Read the verse aloud five times. Each time you repeat it, say it with a bit more volume and enthusiasm. Make a habit of choosing joy this week!

## DAY 2

### Read Acts 17:26–28

God made all people. Now they live everywhere from Alaska to Australia. But God didn’t just make us and place us on the earth to figure things out on our own. According to verse 27, you were created and placed exactly where you are so that you would seek God. You belong to God.

Do you have a world map or a globe? If so, close your eyes and spin the globe, or move your finger over the map. Then count to five and stop! If you land on an ocean, move to the closest continent.

Did you know that God sent Jesus for the people that live there?

Did you know that God sent Jesus for you?

Spend some time praying for the people in the country you landed on—that they would hear the good news about Jesus, put their trust in Him, and experience REAL joy.



DAY 3

### Read 1 Thessalonians 5:16

Is it possible to be joyful always? What if you stub your toe? Or lose your favorite toy? Or fight with your little brother? Or break a rule and get in trouble? Joyful always? Really?

The truth is that life isn't all sunshine and rainbows and chocolate sprinkles. But when you trust in Jesus and choose to follow Him, it IS possible to find joy, even in the hard stuff. Because joy is bigger than being happy. It's a deep-down feeling of peace that comes from knowing that God is with you, that God loves you, and that you can trust God to take care of you. Joy is about celebrating what God is doing.

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#### Post-It Joy

Grab ten sticky notes. Write, "Always be joyful" on each one and stick them in ten different places around your house. As you pass by those sticky notes this week, make a habit of choosing joy, even when things don't go your way.

DAY 4

### Read John 16:22

Maybe today didn't go so well. Some days are harder than others. It might seem like joy is hard to come by. But remember, joy is BIGGER than happiness. Joy is a deep-down feeling that no matter what happens (good or bad), God is in control, and God loves you. It helps to remember that God is the source of joy, and that joy can't be taken away.

Draw a line from the scenarios below to the words "Be Joyful" as a reminder that you can be joyful always.

When a friend is kind. . .

When someone is unkind to you. . .

When you get straight "As". . .

When you don't make the team. . .

When life is awesome. . .

When you have the worst day ever. . .

**BE  
JOYFUL**

Ask God to help you make a habit of choosing joy this week.



Make a habit of  
choosing joy.