

DAILY READING: JOY

Joy is a fruit of the Holy Spirit. This means when I choose to live in obedience to God, as a follower of Jesus, the Holy Spirit produces joy in me.

Joy is a gift given to me when I live in right relationship with God through Jesus. His joy is my strength. Joy is not just a feeling. I do not have to allow trouble, fear or difficult people to steal my joy. I choose to avoid unimportant arguments that rob my heart and mind of joy. I trust in Jesus and His promises. When my heart and mind are focused on Jesus and on living with Him forever, I am filled with joy. Today I will live in the joy of the Lord. His joy is my strength.

DAILY STUDY: JOY

DAY 1: Experience God's Joy – 1 Thessalonians 1:6

(page 1182); Job 8:21 (page 503); Psalm 28:7 (page 545)

DAY 2: The True Source of Joy – 1 Peter 1:8-9 (page 1228);

Psalm 47:1-4 (page 556)

DAY 3: Joy in Sharing the Good News – Luke 15:7

(page 1024); John 4:36 (page 1046)

DAY 4: Ignore Petty (*unimportant*) Issues –

1 Corinthians 1:10-17 (page 1126); Nehemiah 8:10 (page 477)

DAY 5: Filled with Joy – Romans 15:13 (page 1121);

Psalm 30:5 (page 546)

DAY 6: Everlasting Joy – Romans 14:17 (page 1121);

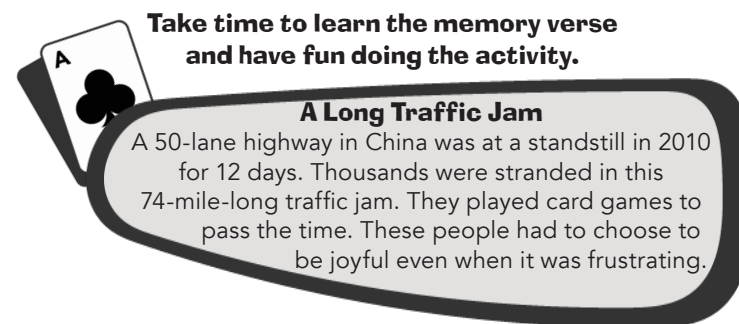
Isaiah 35:10 (page 693)

DAY 7: Jesus and Joy – Hebrews 12:2 (page 1219);

Philippians 2:5-11 (page 1171)

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ACTIVITY: Spread Joy

We all want to receive gifts that bring us joy. Lots of things make us feel happy but joy is different. Joy isn't found in a box or activity. We find real joy by focusing our hearts and minds on Jesus. Joy is a gift of the Holy Spirit. You can't fill other people with joy, but you can share your joy.

YOU WILL NEED:

- A plastic cup or jar to decorate
- Strips of decorative paper
- Scotch tape
- Small strips of paper
- Pen or pencil
- Stickers (optional)

STEPS:

1. Wrap a decorative piece of paper around the cup or jar. Mark where the paper meets so you can cut it and tape it onto the cup or jar.
2. After cutting the paper, wrap the paper around the cup or jar and tape it securely. You may need to put a couple of pieces of tape on the edges, so it won't slip off the cup.
3. Optional: decorate with stickers.
4. On small slips of paper write ways you can spread joy around. For example: smile at people, give someone a compliment, or write a note of encouragement and mail it.
5. Pick one out each day and spread joy!

MEMORY VERSE:

1 Peter 1:8
"You love him even though you have never seen him. Though you do not see him now, you trust him; and you rejoice with a glorious, inexpressible joy."
1 Peter 1:8

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