

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

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.

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.

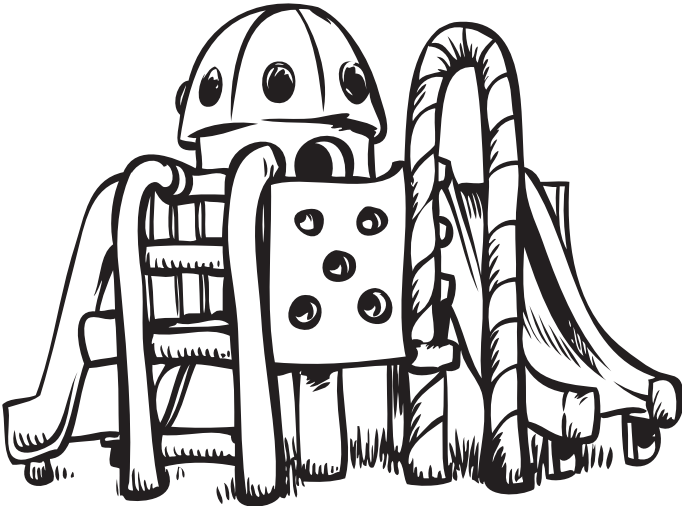
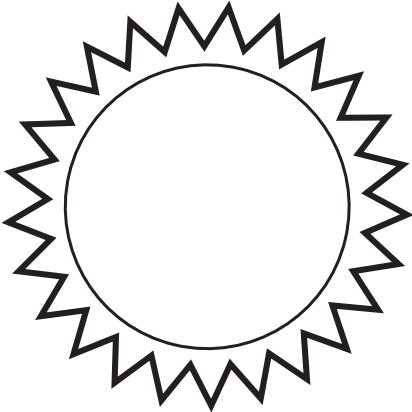
Draw a picture of something you can celebrate and thank God for.

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



Make a habit of choosing joy.

Color the pictures of things that bring you joy.



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?

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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.

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.

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



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Day 1

After watching, write one thing that:

1. You liked:

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2. You learned:

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3. You'd like to know:

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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!



Day 2

Read Deuteronomy 16:14

God commanded the Israelites to celebrate big and celebrate often. And the commandment was very specific as far as who should take part in the joyous occasion.

Unscramble the bolded words below to uncover who God wanted to be filled with joy at the feast.

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YOUR EMLA AND EMAFEL VSSNTARE

VELSETI

DSTORUISE

OWISWD

NDCHIRLE WHOSE RSFTEAH HAVE EDDID

Yep, everyone! God wants everyone to be full of joy as they celebrate all that God is doing in the world.



Answer Key: you, your children, your male and female servants, Levites, outsiders, widows, children whose fathers have died

Day 4

Think of a friend or a trusted adult who always seems to be joyful.

What's their secret? It's time to find out! Reach out to that person today and ask them to share how they made a habit of being joyful. Also ask them how they remember to be joyful even when things are hard. Lastly, ask them to hold you accountable as you try to make a habit of being joyful. You can come up with a code word that you can whisper to each other every time you see each other that will remind you to celebrate what God is doing!



Day 5

How can you remember to be joyful?

The easiest habits to keep going are the ones we don't do by ourselves, so recruit your whole family to help you remember to be joyful. First, ask a parent for a small, empty jar. Label it the JOY JAR. If you have some construction paper or colorful copy paper, cut it into small squares and place the paper squares along with a pen or marker into a small basket or container. Then place the jar and basket somewhere everyone in the family will see it. Challenge everyone to write down something they saw God do every single day. As a family, pick a day toward the end of the month when you will celebrate together. On that day, gather around the kitchen table with some ice cream or whatever treat means "celebration" to you and take turns passing around the jar and reading all the amazing things God has done! Take it to the next level by repeating this challenge every month for the rest of the year. . . before you know it, you will **make a habit of choosing joy!**

Day 3

You can talk to God at any time, but if you asked most people when they're likely to pray, they'd probably say they're in the habit of praying before meals and at bedtime.

So why not **make a habit of choosing joy** by praying any time of day? Each time you can celebrate what God is doing. This might look like praying about how awesome God is for making this beautiful world or thanking God for an answered prayer in your own life.

Sometimes it helps to make a checklist when you're trying to remember to do something, so use this list today to remind yourself to choose joy every time you pray. (If this helps you, get a sheet of paper and make yourself a list for each day of the week until it's truly a habit!)

- Breakfast:
- Lunch:
- Dinner:
- Bedtime: