

### READ JAMES 1:2

### DAY 1

This week is all about joy! When we have a relationship with Jesus, the Holy Spirit will help us have joy no matter what happens.

Now, you might be thinking, joy? No matter what? How can I be happy when hard stuff happens? It requires a change in your thinking. Most people see hard stuff as well . . . hard. But what if you thought about it as today's verse instructs us to? What if instead of being sad or frustrated about the trouble in front you, what if you looked at it like this . . .

With God, **TROUBLE = JOY!**

This week, when you face a hard or frustrating situation, instead of trying to figure it out on your own, why not ask God to help you? Why not bow your head or even say a few words with your eyes open asking God to show you how to face the tough stuff and even find joy? Because no matter what you face, God is still in control. He loves you. And He will help you choose joy no matter what's going on.

**THANK** God for the joy He gives, no matter happens.

### READ HABAKKUK 3:17-18

### DAY 2

Have you ever had a really bad day? Maybe everything that could go wrong, did go wrong. Maybe that day was today. In today's verses, we find a list of some things that might happen to make for the worst day ever.

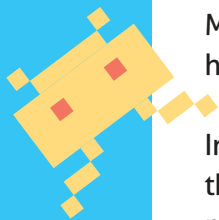
In the space below, write your own version of these verses based on some not so awesome things that might happen to you. (For example, "My friends might leave me out" or "I might make a "C" on my test.")

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The truth is, you will face things that are hard or frustrating. It's just life. But God can help you find joy. He loves you. He proved that by sending His only Son, Jesus. And nothing that happens today or a week from now can separate you from His love. So, even if everything on this list actually happens, remember to rely on God so you can choose joy no matter what's going on.

**ASK** God to help you choose joy no matter what.



## READ PROVERBS 17:22

DAY 3

Head to the kitchen, grab a glass and fill it up halfway with water. Now stand in front of the glass and answer the following question. Is the glass half full or is it half empty?

How you answer this question says a lot about how you view the things that happen to you. You can either say, "Oh man, half of my water is gone!" Or you can say, "Look, I still have a half a glass of water!"

Looking at things with a half full view helps you have a cheerful heart—like our verse today talks about. But constantly treating every hard thing that happens as if it's "the worst thing ever" can have the opposite effect. It's like seeing every situation as half empty. When you trust Jesus as Savior, you should always be able to find the bright side with a cheerful heart.

**LOOK** for ways to view the hard stuff with joy.

Choose joy no matter what's going on.

## READ PHILIPPIANS 4:4

DAY 4

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

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. So let's say it again, "Be joyful!" Draw a line from the scenarios below to the words "Be Joyful" as a reminder that you can be joyful always.

**BE JOYFUL**

When a friend is kind.

When someone hurts you.

When you get straight "A's".

When you don't make the team.

When life is awesome.

When you have the worst day ever.

**KNOW** that you can have joy because you belong to God.