

Great Joy!
Finding Joy Despite Our Circumstances

1. Connect with _____

a) Don't _____

Proverbs 26:4 *Don't answer the foolish arguments of fools, or you will become as foolish as they are.*

b) _____

Proverbs 13:20 *Walk with the wise and become wise; associate with fools and get in trouble.*

c) Add time with _____

2 Timothy 1:4 *I will be filled with joy when we are together again.*

2. _____

Hebrews 12:2 *...fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.*

Titus 3:4-5 *But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy.*

Key: Take the _____

3. Develop your _____

John 15:11 *I have told you this so that my joy may be in you and that your joy may be complete.*

Psalms 16:11 *In your presence there is fullness of joy; at your right hand are pleasures forevermore.*

Key to joy: _____

a) _____ Him every day

b) Daily choose to make _____

c) _____

Sample prayer to put Him First:

Father, I know I will be tempted today to chase things that appear to be satisfying. But I know and believe that full joy is found in you. You are the true treasure of this world. Today, I put you first in my life. I want to be your friend and grow in my friendship with you. You are most important to me.

1 Peter 1:8 *We rejoice with joy that is inexpressible and filled with glory.*

Acts 16:34 *The jailer brought them into his house and set a meal before them; he was filled with joy because he had come to believe in God—he and his whole household.*

2 Corinthians 8:2 *They are being tested by many troubles, and they are very poor. But they are also filled with abundant joy, which has overflowed in rich generosity.*

2 Corinthians 7:6-7 *But God, who encourages those who are discouraged, encouraged us by the arrival of Titus. His presence was a joy...*

Habakkuk 3:17-18 *Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, yet I will rejoice in the Lord; I will take joy in the God of my salvation.*

John 15:10-11 *When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love. I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!*

The 7 Day Kindness Challenge

Sunday:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

- Text a friend or loved one a photo of something that reminds you of them.
- Buy (or prepare and bring) lunch for a friend or coworker.
- Invite a lonely friend to a holiday meal or party. Make an effort to introduce them around.
- Bring in snacks or treats for your coworkers for no reason at all.
- Leave a server an extra big tip if you notice they are having a rough day.
- Offer to run an errand for a sick or injured friend.
- Hold the door open for a mom with her stroller.
- Facebook message a friend from the past and thank them for something they did years ago.
- Pick up trash on the street or at the park.
- Next time you order something from a counter, ask the cashier how their day is going.
- Buy a lottery ticket and give it to a stranger.
- Donate your hair to cancer patients. (You need to have a certain amount of hair to donate. Check out [Locks of Love](#) for details.)
- Offer to take out a friend for tea, lunch, or dinner for no reason at all.
- Forgive someone for something they did.
- Write a heartwarming comment on a friend's Facebook wall.
- Offer to schedule time with a new coworker to answer any questions they may have about the inner-workings of the company.
- Offer to cook dinner for new parents while they are caring for their newborn.
- Write a note to a teacher, expressing gratitude for something specific they've done for you and how much it meant to you.
- At your next social event, find someone who looks lonely or out of place and strike up a conversation.
- Hide a note and your spouse's favorite snack in their car, bag, or desk.
- Next time you hear a friend say they want to see a movie or read a book, buy the book or movie tickets as a surprise for them.