

WEEK 4 | JANUARY 2025

GOD CAN HELP YOU CHOOSE JOY

Bible Reference:

Paul and Silas

Acts 16:16-40

MEMORY VERSE

"Be strong, all you who put your
hope in the Lord. Never give up."

Psalm 31:24, NIRV





Prayer and Reflection

Part 1

Read 1 Thessalonians 5:16-18 (NIRV). Memorise it. Write it out from memory below.

Always be

_____.

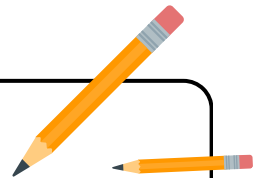
Never stop

_____.

Give _____

no matter what happens.

Cover the verse above and write the memory verse here.



Part 2:

Let's create a "Joy Jar"! On each post-it note, write/draw something that makes you feel happy or something you are thankful for. It can be your favourite activity, a person you love, or a memory that brings you joy.



Choosing joy may not always be easy, especially when things are not going right. God wants us to choose joy, even when things feel tough. We can find joy every day by focusing on the goodness of God, choosing to be thankful and remembering the good things God has blessed us with.



Midweek activity:

Throughout this week, add more JOY to your jar! Whenever you feel thankful for something, discover a new item/activity that brings you joy, or simply have a good moment/memory, draw or write it down on a post-it note and add it to your Joy Jar.

Whenever you feel sad, or need a reminder of God's blessings, open your Joy Jar and read through the joyful moments you have collected over time!



Dear God, thank You for being a good God. You have blessed me with so much. Help me to see Your love and goodness in everything around me. I want to choose joy even when things are hard. In Your name I pray, Amen.