

Resilience is getting back up when something gets you down.

Read: Philippians 4:4



DAY

1

We've Got the Joy!

J-O-Y! Use your body to spell out the word joy! Use some cool moves to show others that you have joy!

LOOK for others to share your joy with!

DAY

3

Again and Again

Philippians 4:4 says to be joyful because we belong to the Lord! Read the verse and write it out using rainbow writing – each word in the verse is a different color.

ASK God to help you choose joy!

DAY

2

Joy Works

With some others in your family, come up with a way to bring someone around you joy! You can bake something, draw something, or play something—it can be with or for someone else—that will make them feel the joy! Go and spread joy!

KNOW that you can share your joy with others.

DAY

4

Choosing Joy

Choosing joy isn't always easy. God is happy to help. Ask God for help to choose joy daily.

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"Dear God, it is so hard to choose joy all the time. Please help me choose it often. Help me to be joyful no matter what my circumstances are and to show joy to others. Thank You for showing me how to have joy. Amen."  
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THANK God for helping you choose joy.



God can help you choose joy.