

WEEK 3 | MAY 2026

YOU CAN CHOOSE JOY WHEN LIFE GETS HARD.

Bible Reference:

Paul and Silas in Prison

Acts 16:16-40

MEMORY VERSE

“But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.”

Isaiah 40:31, NIRV





Week 3

Prayer & Reflection

Part 1:

This month's theme is: Bounce Back. Get back up when something gets you down. Share with your Small Group about something that got you feeling down recently. How did you deal with it?



SMALL GROUP DISCUSSION

Share about something that got you feeling down recently

What happened?

How did you feel?

What did you do about it?



Week 3

**Prayer & Reflection
Part 2:**

Write out today's bottom line.



TODAY'S BOTTOM LINE

Summary

Everyone goes through hard times at some point in life. How we respond in these situations matter. We should always trust that God can help us through difficult times.

Prayer

Dear God, give me a joyful spirit and teach me to be resilient. I trust that Your plan for my life is always good, even when things don't look great. I want to have the right response in all situations. In Jesus' name I pray, Amen.



Week 3

ANSWER



TODAY'S BOTTOM LINE

YOU CAN CHOOSE JOY WHEN LIFE GETS HARD



Week 3

Prayer and Reflection

Are joy and happiness the same thing? Let's look at some situations to figure that out. Circle "have joy" or "feel happiness" for each situation.

PART 3

**Pray and ask
God for joy**

**Think positively
about the
situation**

**Punch walls
and destroy
things**

**Slam doors
and throw
tantrums**

**Throw objects at
people**

Be a peacemaker

**Speak kindly
to others**

**Threaten
and bully
others**

**Bear a grudge and
hate others**

**Curse and
swear when
angry**

**Insult those who
hurt you**

**Say sorry &
ask for
forgiveness**



Week 3

ANSWER

PART 3

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