

Make Waves: What you do today can change the world around you.

Romans 15:13

DAY
1

J-O-Y

Spell the word JOY using your body! Lay on the floor and make the letter J with your body by laying on your side and bending your legs back, then touch your fingertips to your toes to make an O. Lastly, put your arms over your head to make a Y.

For extra fun, without saying a word write the word JOY with your body and no words and see if someone can guess what you are making.

ASK God to help you spread joy to those around you.

DAY
3

Great Joy

Practice this week's verse by reading each sentence differently.

(loudly) Romans 15:13, NIRV

(happily) May the God who gives hope fill you with great joy.

(slowly) May you have perfect peace as you trust in Him.

(deep voice) May the power of the Holy Spirit fill you with hope.

KNOW that God will fill you with great joy!

DAY
2

Joy for All to Hear!

Create a megaphone using paper, tape, and markers! Roll your paper into a cone shape, tape it, and use it! Spread joy around by using your megaphone to recite this week's bottom line, sing joyful songs, or tell others what you love about them.

LOOK for ways that you can spread joy!

DAY
4

Joy, Joy!

Talk to God about helping you feel joy!

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"Dear God, I pray that today and every day You can help me feel joy and show joy to others around me. Amen"

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THANK God for the joy in your heart.

Choose joy no matter
what's going on.