

FRUITS OF THE SPIRIT

JOY

How has this summer been going so far?! Have problems come up? Have you felt defeated? Happy? Excited? Busy? Tired?

We constantly pursue happiness and we seek to avoid feeling pain or failure. We are so scared of experiencing anything but "good vibes." But often times, life is hard and good vibes are hard to muster up.

The Bible tells us that joy is something that can be given by God (Romans 15:13). Joy given by God is not situational, but it is inexpressible and filling (1 Peter 1:8). Joy sustains you even when everything feels wrong. Through this joy, you can experience happiness on even your worst day. You can love and serve even when you feel left behind.

Our kids are young, but they still experience the ups and downs of life. Help them see that they can still be joyful when practice didn't go well or when they don't have the best game of their lives. They can still express joy through gratefulness and being a good team player. Jesus can give them this joy. Good vibes come from joy, and not from everything going right.

How can you practice being joyful this week?

MEMORY VERSE OF THE WEEK

May the God of hope fill you with all joy and peace as you trust in Him.

Romans 15:13

TRY IT AT HOME!

- **Practice** the memory verse at meal time or before bed with your kids.
- **Pray** before meals that your family would JOYFUL even when life isn't going perfectly.
- **Ask** your child to identify one way he or she can choose joy this week. Be specific!



MORE INFORMATION

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