

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!

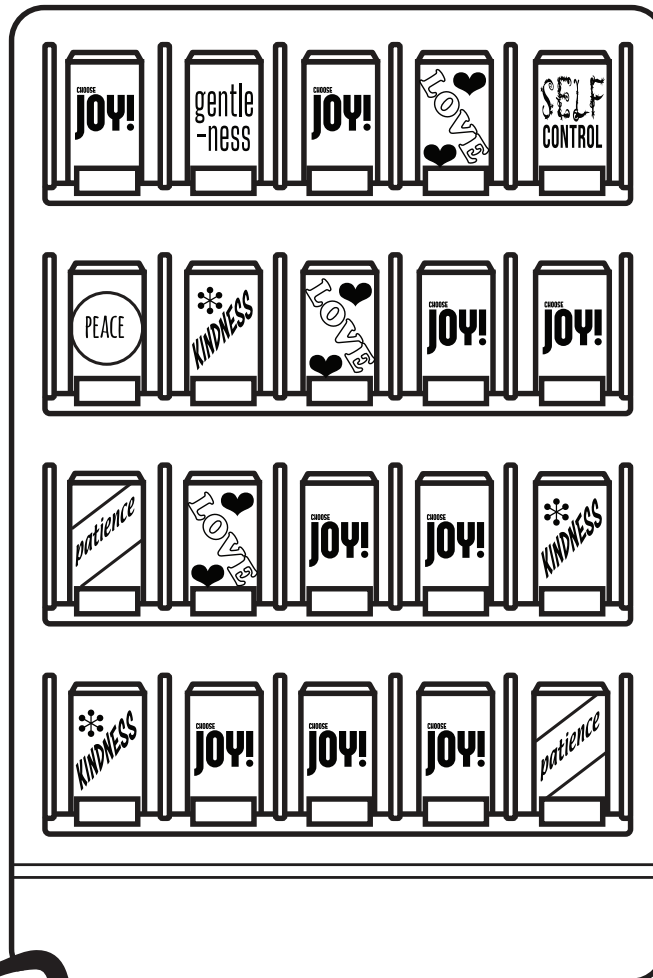
Talk to God about helping you feel joy!

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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.

CHOOSE JOY!





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



DAY 1

Read James 1:2

What does “trouble” look like in your world?

Trouble might be . . .

- a bad grade
- a mean kid on your soccer team
- a problem you can’t seem to fix on your own

You don’t get to choose the trouble but you can choose how you respond.

You could . . .

1. Fight it! Get mad. Say something unkind.
2. Give up. Decide everything is terrible and nothing will ever get better.
3. Welcome the trouble.

Wait, what? Did you say, “Welcome the trouble?” Yep. As followers of Jesus, we can look at trouble as an opportunity. When we face something hard, something we aren’t sure how to handle, we can stop and be thankful for the challenge. We can think about trouble with joy instead of fear or frustration when we remember that facing hard stuff helps us learn and grow.

This week, when you face something tough, ask God to help you say, “Hello, trouble!” Then talk to Him about helping you to face it head on. Pay attention and look for the lesson to be learned.

DAY 2

Read Habakkuk 3:17–18

Today’s verse is like a biblical version of “Alexander and the Terrible, Horrible, No Good, Very Bad Day.” Maybe you’ve read that book or seen the movie. We’ve all had our fair share of bad days, days where nothing seemed to go our way.

Maybe your alarm didn’t go off so you missed the bus.

You got a new seat assignment in class and you really liked your old seat.

You have a math pop quiz and it was really hard.

On a day like that, would you choose joy? While it might not seem like the obvious choice, it is possible. We can have joy and we can spread joy to others when we remember that God loves us so much that He sent Jesus. And no series of unfortunate events could ever change that. Because of what God has done, you can choose joy no matter what is going on.



DAY 3

Read Proverbs 17:22

Healthy Habit Jumble

Oh no! The spaces were left out. Draw a line between the words below to discover what a healthy body needs:

RESTEXERCISEWATERSUNSHINEOXYGEN
JOYFRUITANDVEGETABLES

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Getting plenty of rest and exercise, drinking plenty of water, eating healthy foods and making sure you get outside for some sunshine are all ways to keep your body in tip top shape. But there is something else you can do to stay healthy! A cheerful heart is like good medicine. In other words, joy can make you feel better!

Don't believe me? Try spreading some joy today.

How could you help someone else in your family?

How could you encourage a friend who is down?

Pray and ask God to help you follow through on spreading joy around like good medicine this week!

DAY 4

## Read Philippians 4:4

Do you have a lost and found at your school? Do you know what items never end up in Lost and Found? Ones that are labeled with the owner's name. If your coat has your name on it and you accidentally leave it on the playground, it won't end up in Lost and Found. It will be handed back to you because it's labeled as yours.

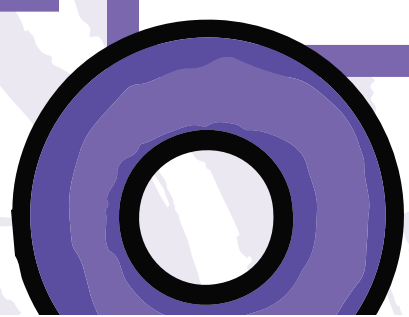
Joy is kind of like that labeled coat. We often look at what's going on around us and let our circumstances determine how we feel. But joy is bigger than happiness. Because being *happy* depends on what is *happening* around you. Joy is a deep-down understanding that no matter what, God is on your side. You can have joy because you belong to God.

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LOST and FOUND

1. Grab an index card and write: "I belong to God" in big block letters.
2. Hang that card in your closet where you will see it each day when you get dressed.
3. Every time you read those words, stop and thank God for His great big love for you and ask Him to help you remember that you can have joy because you belong to Him.

Choose joy no matter
what's going on.



Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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June 2022

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Week Two
4th-5th



Day 1

After watching, write one thing that:

1. You liked:

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Go to bit.ly/SundaysAtHomePretteen and watch this week's episode of The So & So Show.

2. You learned:

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Even if you already saw it at church, feel free to check it out again!

3. You'd like to know:

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Day 2

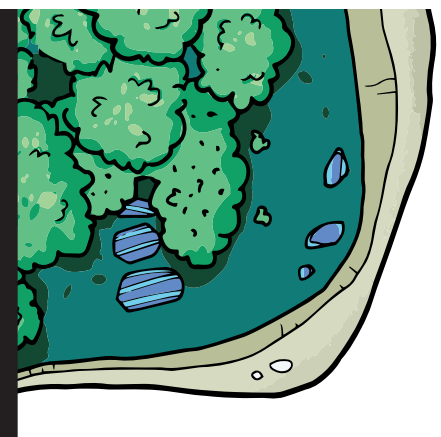
Read Acts 5:17-42

As you read through Acts 5:17-42, put a smiley face beside any part of the story that you think would have brought the disciples joy. Put a frown face beside any parts of the story that you think would be hard to find joy.

Now, take a look back at the faces you drew. There are a lot more frowning faces than smiling ones, aren't there. But reread Acts 5:41-42. Despite all they had suffered, the disciples chose joy!

How did they manage to choose joy no matter what? The key is in the last part of verse 42: *They never stopped telling people the good news that Jesus is the Messiah.*

The disciples knew that because Jesus had come to be their Savior, nothing they faced in this world would change the love God had for them, or the truth that they would spend eternity with God! They found joy in knowing that truth and in sharing it with others. And their joy, like the good news of Jesus, made waves throughout the world then and now!



Day 3

Did you know joy and gratitude are linked?

It's true! It's hard to not find some joy in life if you recognize the good things around you.

If you aren't already in the habit, start a gratitude journal this week. You can write down 1-2 things every day that you're grateful for in a notebook, or write them on sticky notes and put them on your door, or use a dry erase marker and write them on your bathroom mirror.

Begin the practice today, and then personalize this prayer using the things you wrote down.

Keep adding to your gratitude list every day this week and praying a prayer of thankfulness as you do!



Dear God, thank You for all the

things You have done for me and

given me. It would be enough that You

made me and love me, but then You

sent Jesus to be my Savior, and the Holy

Spirit to be my helper! And

on top of that, You are the giver

of so many good gifts, such as

..... and

..... Help me

to see all the gifts You have given me as I

go throughout my day and to choose joy

no matter what happens! In Jesus' name,

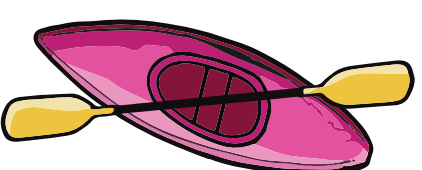
I pray, amen.

Day 4

Choose joy no matter what's going on.

Choosing joy isn't the same as happiness, but many of the things that make us happy can also bring us joy when we choose to reflect with thankfulness. Like, when you're having a bad day, maybe your mom takes you through the drive-thru for some hot fries, and that lifts your spirits... not just because of the salty goodness, but because you realize your mom cares.

One way you can spread waves of joy is by knowing what brings joy to others around you. That way you can help them choose joy even when things are hard. So today, grab a sheet of paper and a pen and interview everyone in your family, as well as any neighbors and good friends. Ask them to tell you 2-3 things that bring them joy. Write their name and their response down on your sheet, and save it for tomorrow.



Day 5

What are things that bring you joy?

Grab the list you made with the help of family and friends yesterday. It's time to start party planning! That's right, you're going to make some waves of joy today by throwing an impromptu party celebrating with all the things that bring your friends and family joy!

Start by circling the things that you can practically celebrate with at a party, and that you have the resources and ability to get at the last minute. Try to circle at least one thing per person—think creatively!

Remember, the point of this party is to bring joy to your friends and family, so don't stress about the food and drink, but just focus on fun music, simple decor (maybe make a JOY poster), and have something joy-ful for each person who comes. Maybe it's time with the family for your mom—well, make sure to plan the party when everyone in your family can be there. For your brother, maybe it's playing video games with his friends—make sure to invite them too, and have one party activity be video games.

Work with a parent to pick a time in the next couple of days to throw your joy party. It doesn't have to be long—even 15 minutes can be enough to generate some serious waves of joy!