



PERSEVERANCE

REFUSING TO GIVE UP WHEN LIFE GETS HARD

WEEK
TWO

K-5TH GRADE

READ ROMANS 15:13

DAY 1

HAPPINESS JOY

There's a big difference between happiness and joy. Happiness is external. It's what you feel when things are going great. Maybe you're at an amusement park or the beach or you get the very thing you asked for at your birthday party. But then what happens when the vacation is over, the play ends, or the toy you asked for breaks? Happiness goes away.

Joy is better! It's not dependent on what happens on the outside. There's a reason Paul writes in Romans 15:13, *May the God who gives hope fill you with great joy, (NIV)*. It's something you experience on the inside, and it comes from God! One way we can allow God to fill us with joy is by expressing gratitude for the blessings He has given us.

Find a clear jar and some colorful paper. Cut the paper into strips. Every day this week, write down something that gives you joy on a strip of paper and start filling your Joy Jar. You can even continue throughout the month and ask your family if they'd like to join you filling the Joy Jar.

ASK God to fill you with true joy!

READ JAMES 1:2

DAY 2

Think of trouble as joy. What? How?

One way is by focusing on the blessings in our lives instead of the hard things. Remember that Joy Jar you started yesterday? Every time you get discouraged by the trouble in your life, go to the Joy Jar. Pull out a strip of paper and thank God for that thing you wrote down. Keep pulling and praying until your heart is encouraged by the ways God is working in your life.

THANK God for being with you even as you walk through hard times.

READ PHILIPPIANS 4:4

DAY 3

Go find a picture of your family—bonus points if it's a picture from something fun you all were doing together. Take a minute to look at the photo and think about how it feels to be a part of your family.

Did you know that if you've put your trust in Jesus, there's nothing that can ever kick you out of God's family? Once you recognize Jesus as your Savior, you enter into a relationship with God that lasts forever. That means that no matter what happens, you belong to God.

And just like you get closer to your family when you spend time together doing fun things, you can get closer to God when you make time to spend with Him. And the more time you spend connecting with Him, the more you will be filled with joy!

KNOW that joy comes from spending time with God.

READ PHILIPPIANS 4:8

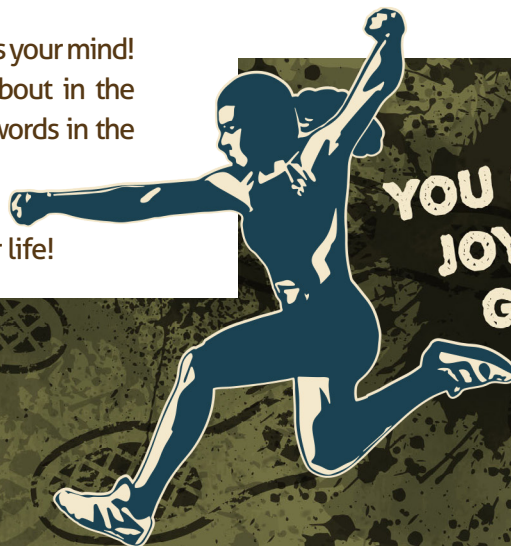
DAY 4

I	W	O	S	M	E	V	R	O	S	A	R	W	E	T	W	A	L	B	A	P	R	N	F	O	A	T
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C	T	O	N	M	U	V	E	J	T	R	B	R	Z	T	N	O	J	O	A	V	C	R	Y	N	Y	E

Having a hard time finding your joy? Refocus your mind! Find the things you should be thinking about in the word search above. (Hint: There are eight words in the puzzle. Use Philippians 4:8 as your guide.)

THANK God for the blessings in your life!

True, Pure, Respectful, Excellent, Lovely, Noble, Right, Praiseworthy



**YOU CAN CHOOSE
JOY WHEN LIFE
GETS HARD.**