

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 re-read 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!

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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.