



# Thought for the Day

# JOY

What is Joy? Well, Joy is an emotion, it's something we feel. Joy is like happiness but even better! It's a strong feeling of great delight we have when things are super good in life. We can find Joy in little things like delicious food and beautiful flowers or in big things like parties and exciting trips. Often, we are not in control of the things around us, but we can always choose how we are going to be. We can choose to be grumpy or we can choose to look for Joy and then we might find Joy!

There's a saying: *'Everyday may not be good, but there is something good in every day'*. Sometimes that's hard but when we find Joy, it makes us smile and feel good deep down. In the bible there is a verse that says, *'The Lord has done great things for us, and we are filled with joy'* (Psalm 126:3). As Christians at The Family Trust, we believe that we can be joyful for all the things God has done for us. What fills you with Joy? Have a think about it today and tell someone if something happens that makes you feel Joy!

## Listen & Look

Take a moment to experience the joy of God's creation. Stand in your garden or at your front door and listen for the sound of the birds, look for any plants or flowers, and breathe in the fresh air.



## Think

Fill in the acrostic poem below. Think of something for each letter that makes you joyful.  
For example: J - jelly because it wobbles!

J  
O  
Y  
F  
U  
L

## Reflect

Take a look at your joyful poem above.

Which one of these brings you the most joy?

Why does this fill you with joy?

How can you help other people feel joy?



## Craft

Draw a picture of the biggest sunshine you can and then draw arrows coming out of the sun. At the end of each arrow, write the name of someone who helps you to feel joy.

## Do

See if you can do three things this week that bring you joy. What three things are you going to pick? You can use your poem to help you decide.

1

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2

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3

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