

# Joy is choosing to celebrate what God is doing.

## DAY 1

### Read Proverbs 17:22

Head to the kitchen, grab a glass, and fill it halfway up with water.

Is the glass half full or is it half empty?

How you answer this question says a lot about how you view the things that happen to you. You can either say, “Oh no, half of my water is gone!” Or you can say, “Look, I still have a half a glass of water!”

Looking at things with a half-full view helps you have a cheerful heart—like you can read about in Proverbs 17:22. But constantly treating every hard thing that happens as if it’s “the worst thing ever” can have the opposite effect. It’s like seeing every situation as half-empty. When you trust Jesus as your Savior, you can find the bright side with a cheerful heart.

Ask God to help you have a “half-full” view of things this week so you can celebrate what God is doing each step of the way.

## DAY 2

### Read Psalm 70:4

What is the very last word of today’s verse? Would you describe this week as “great”? Why or why not?

The word “great” in Psalm 70:4 isn’t describing your week—it’s describing our awesome, amazing God! God is great! And one way you can find joy, even if this week isn’t so great, is to remember Who is really in charge of it all.

Write the words “God, You are great!” with a dry erase marker on your bathroom mirror. Each time you wash your hands, read that phrase out loud in a different voice. You’ll find some suggestions in the box below. Thank God for being the GREATEST and for helping you find joy because of God’s love for you!

Voices: baby, screaming, whispering, opera, super low, super high, grouchy, surprised, scared, excited, out of breath, like your mouth is full of marbles.

DAY 3

### Read Psalm 32:11

Have you ever had to tackle a BIG project? Maybe it was studying for a hard test. Maybe it was training to run a 5K to benefit your school library. Maybe it was trying to make it one whole day without complaining.

The Israelites faced a BIG job of rebuilding an entire city when they returned to Jerusalem. But they started with the most important thing—rebuilding the temple. And while this was a VERY big job that would take YEARS to complete, they took the time to stop and celebrate, thanking God for being there and helping them.

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#### Summertime Prayers

What is something BIG you want to accomplish this summer? Grab a notecard and write it down. Place that card next to your bed. Each night, stop and thank God for loving and caring for you. Take time to celebrate what you've accomplished that day toward your goal and ask God to help you tackle next steps tomorrow.

DAY 4

### Read Psalm 136:1

Which animal can hold its breath underwater the longest? Circle your answer. Then draw a line matching the animal with its answer.

Sea otters	30 minutes
Turtles	5 minutes
Whales	4-7 hours
Penguins	222 minutes

Turtles can hold their breath anywhere from four to seven hours while resting! The longest recorded dive made by a Cuvier's beaked whale lasted 222 minutes. Penguins can make it thirty minutes, and sea otters, up to five.

No animal can hold their breath forever. But there is something that lasts forever: God's love for you! When you're in the middle of something hard and it feels like it's taking forever, it's good to be reminded that God's love lasts LONGER than that! You can have joy and celebrate every step of the way when you remember that God's love for you will never end.

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#### Forever Verse

How many times can you repeat today's verse in one breath? Write your answer below.

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Pray and thank God for always loving you!

**Celebrate each  
step of the way.**