



JOY

DAY ONE

SUSAN MACDOUGALL

PERUSE

Romans 5:1-2 (NLT) *1Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.2 Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God's glory.*

PONDER

1. Explain what faith means to you.

2. Why do we have peace with God?

3. As you read these verses, allow yourself to feel the joy of God's promises of eternal life and forgiveness of your sins because of your faith and acceptance of Jesus. Record your thoughts.

PRAY

I rejoice today, Father God, because of what Jesus has done for me. I am grateful that, through Christ, I am in a place of undeserved privilege, being made right in your sight. Amen.



JOY

DAY TWO

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PERUSE

John 15:10-12 (NLT) *10 When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love. 11 I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! 12 This is my commandment: Love each other in the same way I have loved you.*

PONDER

1. Describe how you can remain in Jesus' love.
2. What does Jesus want for you?
3. How is your perception of "joy" impacted by the following statement: The joy of living with Jesus daily will keep us levelheaded, no matter how high or low our circumstance.

PRAY

Dear God, I ask you today to fill me with your joy. Help me to obey your commands and love others as you love. In Jesus' Name I pray, Amen.



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DAY THREE

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Isaiah 49:13 (NLT) *Sing for joy, O heavens! Rejoice, O earth! Burst into song, O mountains! For the Lord has comforted his people and will have compassion on them in their suffering.*

PONDER

1. Take a moment to observe your surroundings. What do you see that you can praise God for creating?
2. Select a praise song that brings you joy. Write out any lyrics that are especially meaningful to you.
3. Make a list of things you are grateful for. Praise God as you read over these blessings.

PRAY

Dear Heavenly Father, thank you for your comfort and your compassion. I want to sing for joy today, praising all that is good in my life. Amen.



JOY

DAY FOUR

SUSAN MACDOUGALL

PERUSE

Philippians 4:4-7 (NIV) *4Rejoice in the Lord always. I will say it again: Rejoice! 5Let your gentleness be evident to all. The Lord is near. 6Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

PONDER

1. In what ways can you rejoice in the Lord?

2. What are you anxious about right now? How would it feel to have that weight lifted?

3. Paul's advice is to turn our worries into prayers. Today, when you start to worry, stop and pray. After having diligently applied this, record how you felt.

PRAY

Father God, I want to put my trust in You and feel the strength of your joy within me. Thank you for being near to me no matter what I face. Help me to have peace regarding _____
_____. In Jesus' Name, Amen.



JOY

DAY FIVE

SUSAN MACDOUGALL

PERUSE

Romans 15:13 (NIV) *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

PONDER

1. There are many things that we wish for here on earth. What do you hope for in regard to heaven and eternity with God?

2. You can trust God with every aspect of your life, finding peace and joy as a result. Is there something you need to place in God's hands, allowing yourself to relinquish control?

3. True joy rises above circumstances and focuses on the very character of God. He is the God of hope; what other adjectives can you think of to describe God?

PRAY

Heavenly Father, this world can be cruel and difficult. But you have great plans for an eternal life with You! That gives me great hope and great joy. Thank you for this blessing. In Jesus' Name, Amen.