



I can have joy all the time.



MEMORY VERSE

"A joyful heart is good medicine."
Proverbs 17:22, ESV

Bible Story

Ezra and the Rebuilding of the Temple Ezra 3:10-13

Ezra writes about the joy God's people had when they finished rebuilding part of the temple.



Morning Time

When you go into your child's room, cuddle them and say: "Good morning, [child's name]! We have some hard things to do, today, like (cleaning, getting dressed, etc.), but we can have joy because God loves us!"



Drive Time

While on the go, take turns naming things that are hard to do. (Ride a bike, tie shoes, share toys, etc.) Talk about how we all have to do hard things sometimes. The good news is that we can have joy when we do hard things, because God loves us!



Bath Time

Add small toy blocks to bath time. Tell your child to line blocks along the edge of the tub. When they finish, stop and cheer together. Talk about how a long time ago, God's people had to rebuild their temple, which was like a church building. Even though it was hard, they stopped and had joy when they saw what they had done.



Cuddle Time

Cuddle with your child and pray: "God, thank You that we can have joy, even when we do hard things. The next time we have to do something hard, like clean up a mess or share with a friend, help us remember that we can have joy while we do it. Thank You, God. In Jesus' name. Amen.""