



I can have joy all the time.



MEMORY VERSE

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

Bible Story

God Will Give Us Joy
Habakkuk 3:17-18

Habakkuk prays that he will have joy in the Lord even if there is no food growing in his garden or animals on his farm.



Morning Time

When you go into your child's room, cuddle them and say: "Good morning, [child's name]! Let's choose right now before you get out of bed that, no matter what happens today, we can have joy because God loves us."



Drive Time

While on the go, talk about things that make us feel sad. Maybe we don't get something we really want. Or we can't do something we really want to do. Talk about how we can have joy no matter what when we remember that God loves us.



Bath Time

Line toys up along the edge of the tub. Each time you take one away, say: "I can have joy when I don't have... (name of toy you take away)." Keep doing this until all of the toys are gone. Repeat. As you dry your child off, say: "We can have joy when we have things and when we don't have things. We can have joy no matter what!"



Cuddle Time

Cuddle with your child and pray: "God, thank You for a place to sleep and the food we eat. Thank You for our family and friends and the clothes we wear. But even if we didn't have any of these things, I know we can have joy, because You will always love us. In Jesus' name. Amen."