

igniting joy

simple ways to lift your spirit
in any season



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- spend time with friends who make you laugh
- revisit old journals and treasure the memories etched on your heart through your history with God
- write an encouraging note to someone and mail it unexpectedly
- pause and celebrate your most recent wins, no matter how small they seem
- take communion often—at home, just you and the Lord
- practice unexpected generosity with strangers
- share authentically about your life, to assure someone they aren't alone
- curate a playlist with Holy Spirit—one that releases fresh hope into your current season
- set aside an hour to do something you loved as a child simply for the joy of it
- pause in a room you know well and invite God to help you notice five beautiful things around you



- buy fresh flowers simply because they make you smile
- purchase a bible in a translation you've never owned—and go on the journey of hearing God speak through familiar passages in fresh ways
- approach something mundane with the curiosity of a child
- thank your body for serving you faithfully over the years—mention each part by name and recall how it's carried you
- listen to a worship song you haven't heard in years and remember the good things that unfolded in your life that season
- receive the heartfelt embrace of a longtime friend and allow yourself to be encouraged
- savor the gift of silence
- explore new thoughts, places, and ways of doing things with God
- purge your closets and drawers with the intention of giving things away; bless each item with a simple prayer for its next owner
- reflect on a prophetic word that was fulfilled and thank God for the ways He's already been faithful



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- say “no” to the event so you can stay in and enjoy some quiet time with Jesus
- sit outside and watch the sunrise or sunset without rushing to the next thing
- send an unexpected voice message to someone who’s impacted your life—letting them know their impact
- make time to sit with a child and allow their wonder and joy to remind you of God’s heart
- keep a record of the encouraging things God’s spoken about you, ponder them whenever you need fresh perspective
- ask Holy Spirit to remind you of a prayer He’s answered and spend time thanking Him for it
- linger in nature and allow its beauty to draw your attention to the goodness of God