

Learning to Be Joyful

This week we found joy in the smallest of moments. We became more and more thankful for the small blessings in our life that we can share with others. We celebrated the small and great triumphs in our life, and we found that in times of crisis we can find great joy in the unknown and waiting. Today, we recognize the hope and strength that joy can provide as we celebrate our life.

Activity for the Soul

It is in you God that I find my joy and my strength. I am so incredibly grateful to you for all that you have provided me with and all of the work that you are doing in and through me. Lord, especially thank you for the opportunity to serve others and provide a source of hope to those who might not otherwise have hope.

Take a few minutes now and revisit the things that you like about yourself from Weeks 1 and 2. Hopefully, you created an index card and put them in a place where you have been using them daily. Either way, celebrate yourself today!

What do you love about yourself?

What brings you joy?

What can you celebrate each day for the rest of your life?
