

MAKE A CHOICE TO REJOICE

What brings you joy?
How can you integrate that
joyful practice into your daily life?

Identify (at least!) one characteristic of God and
one thing He has done for you or your family and
practice praising and thanking Him.
How will you praise God for Who He is?
How will you praise Him for what He's done?

Joy isn't dependent on our circumstances.
Have you ever experienced joy when your
circumstances weren't particularly happy?
What was that like?

Our feelings don't always match up with the liturgical
season. How will you make a choice to
intentionally rejoice this season?