

Family Talk – Joy

READ TOGETHER

Galatians 5:22-23

1. According to 1 Peter 1:8, joy comes from our relationship with Christ. What does this look like in your life?
2. What would your life look like if prayer, giving thanks, receiving God's Word and fellowship were all joy for you?

LIVE IT

Joy is one of the fruits produced by the Holy Spirit in our lives. It's an all-encompassing attitude and characteristic of life. No matter what's happening—hard circumstances, trials and even suffering are to be done with joy according to Scripture!

This seems impossible at times. But this is the work that the Spirit promises to do in us, not the work that we must do. As a family, discuss things that don't bring you joy. Ask God to help you understand why those things drain you. Ask Him to change your attitude so you can experience joy.

LEAN ON GOD

Dear God,

Thank You for giving us joy. Thank You that our joy rests on an unchanging God and not on fleeting circumstances. Help us to further understand Your love and provision for us in this life.

We love You.

Amen.

