

A Joyful Heart



Hi Grown up kids!
We pray you have a joyful time sharing these moments with your children. Use this week to think about these truths together, put into practice, & journal... All with a JOYFUL Heart!

A prayer for you!

"Dear Lord,
We ask that you fill our home with laughter and joy! Fill each one of us with your Holy Spirit. Help us to have thankful hearts. In Yeshua's Name, Amen!

Try a smile!



Smiles are contagious!

Try it! Smile at someone and see if they smile back!

"A joyful heart is good medicine, but a broken spirit dries up the bones." Proverbs 17:22

Ideas to try this week!

Laughter!

Make an effort to laugh many times a day!

It is so good to smile & laugh.

Have fun together! Enjoy your family.

The Glad Game!

This is a great way to instill a thankful heart. (Which makes a happy heart.....and a happy face!)

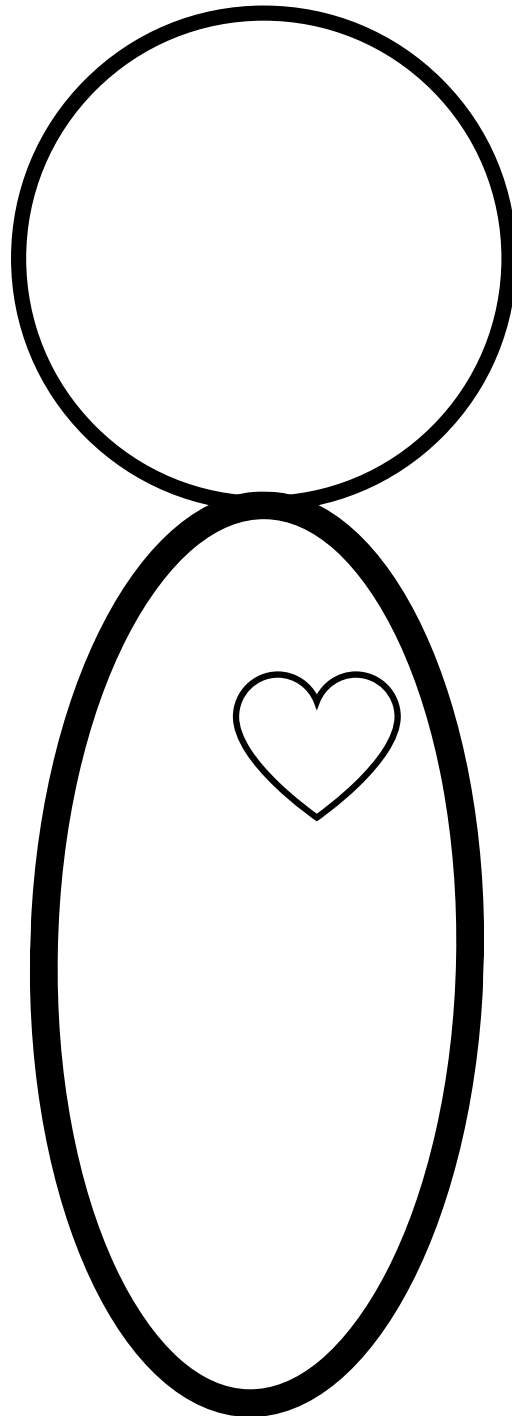


How to play. Think about how we can be glad about anything. To see the good in a situation. Do this together, and then help each other remember to be glad all week! This should be fun.

"In everything give thanks; for this is the will of God in Messiah Yeshua for you!" (1 Thessalonians 5:18)

A JOYFUL HEART

Could you please make a Happy Heart & Happy Face?
and maybe you could help & draw arms and legs!



A verse to remember:

"A happy heart makes the face cheerful!"

Proverbs 15:13

WHAT SHOULD WE BE THINKING?

Look up Philippians 4:8 in your Bible to find the answers!

(We used the New International Version (NIV) for this fun page)

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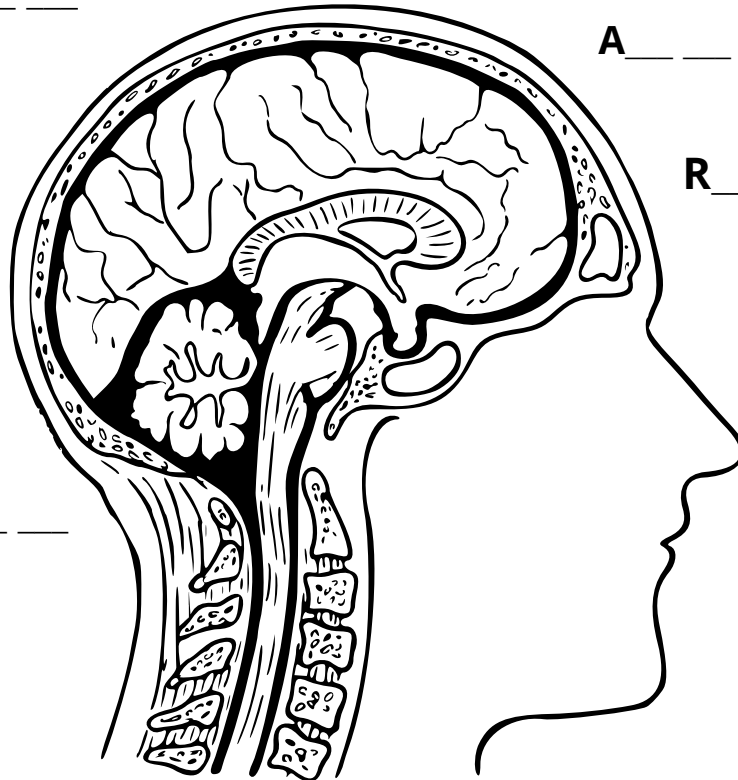
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Think Good Thoughts!

Try This: If you have any thoughts you want God to help you not to think anymore, write them down and then throw them away in the trash.

Trust God and He will help you!