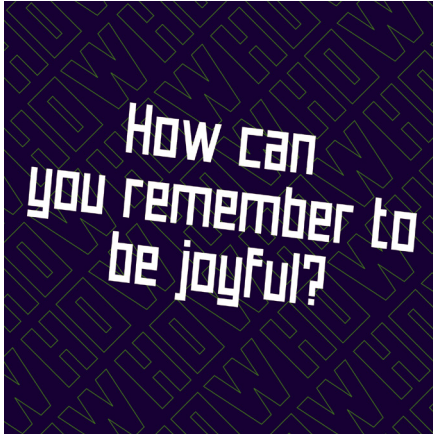


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Five horizontal dotted lines for journaling.

Eight horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Deuteronomy 16:14

God commanded the Israelites to celebrate big and celebrate often. And the commandment was very specific as far as who should take part in the joyous occasion.

Unscramble the bolded words below to uncover who God wanted to be filled with joy at the feast.

UOY (the Israelites)

YOUR **DEHCLINR**

YOUR **EMLA** AND **EMAFEL VSSNTARE**

VELSETI

DSTORUISE

OWISWD

NDCIHRLE WHOSE **RSFTEAH** HAVE **EDID**

Yep, everyone! God wants everyone to be full of joy as they celebrate all that God is doing in the world.



Answer Key: you, your children, your male and female servants, Levites, outsiders, widows, children whose fathers have died

Day 3

You can talk to God at any time, but if you asked most people when they're likely to pray, they'd probably say they're in the habit of praying before meals and at bedtime.

So why not **make a habit of choosing joy** by praying any time of day! Each time you can celebrate what God is doing. This might look like praying about how awesome God is for making this beautiful world or thanking God for an answered prayer in your own life.

Sometimes it helps to make a checklist when you're trying to remember to do something, so use this list today to remind yourself to choose joy every time you pray. (If this helps you, get a sheet of paper and make yourself a list for each day of the week until it's truly a habit!)

- Breakfast:
- Lunch:
- Dinner:
- Bedtime:

Day 4

Think of a friend or a trusted adult who always seems to be joyful.

What's their secret? It's time to find out! Reach out to that person today and ask them to share how they made a habit of being joyful. Also ask them how they remember to be joyful even when things are hard. Lastly, ask them to hold you accountable as you try to make a habit of being joyful. You can come up with a code word that you can whisper to each other every time you see each other that will remind you to celebrate what God is doing!



Day 5

How can you remember to be joyful?

The easiest habits to keep going are the ones we don't do by ourselves, so recruit your whole family to help you remember to be joyful. First, ask a parent for a small, empty jar. Label it the JOY JAR. If you have some construction paper or colorful copy paper, cut it into small squares and place the paper squares along with a pen or marker into a small basket or container. Then place the jar and basket somewhere everyone in the family will see it. Challenge everyone to write down something they saw God do every single day. As a family, pick a day toward the end of the month when you will celebrate together. On that day, gather around the kitchen table with some ice cream or whatever treat means "celebration" to you and take turns passing around the jar and reading all the amazing things God has done! Take it to the next level by repeating this challenge every month for the rest of the year. . . before you know it, you will **make a habit of choosing joy!**