



Week 2

Day 1: Joy is Knowing God is with You

Scripture Reading: Psalm 35:9 & 1 Samuel 23:1-14

Devotional:

David had just saved a city called Keilah from the Philistines, but then he heard that King Saul was coming to find him! David didn't have an army like Saul did. He had to hide in the wilderness and trust that God would protect him. Have you ever been in a place where you felt afraid maybe your room at night, a new school, or during a storm? Those moments can make us feel alone. But just like David, we can choose joy when we remember that God is always with us. David was hiding in caves, sleeping outside, and being chased by a king! But instead of giving up, he found strength by remembering that God never left his side. That's why David could say in Psalm 35:9, "My soul shall be joyful in the Lord." Joy doesn't mean you're always laughing or having fun. Joy means you have a deep, strong gladness because you know God is near—even when things are hard. When you remember that God loves you and stays with you, your heart can smile, even if your face doesn't.

Discussion:

- 1. How would you define joy?
- 2. How is your definition different than what you just learned about joy?

Prayer:

Dear God, sometimes I feel afraid or alone, but I know You are always with me. Help me to remember that truth and feel joy. Amen.



Day 2: Joy in God's Strength

Scripture Reading: 1 Samuel 23:1-5

Devotional:

When David heard that the city of Keilah was under attack, he didn't ignore it. Even though he was in danger himself, he prayed to God and asked, "Should I go and help them?" God said yes, so David and his men went and saved the city. That took a lot of courage. David didn't have many soldiers, and he was already on the run! But he trusted God's strength more than his fear. Have you ever been afraid to do something hard, like speak up in class, make a new friend, or do the right thing when no one else is? That's when you need God's strength—and guess what? When you trust in God's strength, it brings you JOY. David didn't have to be the strongest or bravest. He just had to trust the One who is— God! God helped David defeat the Philistines, and He will help you too. Joy doesn't only come when things are easy. Sometimes the biggest joy comes after we do something brave with God's help. When you trust Him to help you be strong, you can feel joyful knowing you did what was right.

Discussion:

- 1. What is something you are scared to do?
- 2. How can God's strength and joy help you do that thing?

Prayer:

God, thank You for giving me strength. Help me to be brave and do the right thing, even when it's hard. I know that with You, I can have joy and courage every day. Amen.



Day 3: Joy in Encouragement

Scripture Reading: 1 Samuel 23:15-18

Devotional:

David was hiding in the desert when his best friend, Jonathan, came to visit him. Jonathan reminded David that God had chosen him to be king and that Saul would not win. This gave David hope and joy in a dark time.

Have you ever had a friend cheer you up when you were feeling down? Or maybe someone gave you a hug, a smile, or a kind word when you needed it most. That's what Jonathan did for David. Jonathan didn't come to David to fight battles—he came just to encourage him. That simple visit helped David find joy again. Even when things are hard, encouragement can shine like sunshine on a cloudy day. God puts people in our lives to help us, and He also wants us to help others. You can bring someone joy by saying something kind, listening to them, or just being a good friend. When we encourage others, we help them feel God's love—and that brings everyone joy!

Discussion:

- 1. How can you be a good friend this week?
- 2. Have you ever experienced a time when someone did something to cheer you up? How did you feel?

Prayer:

Dear God, thank You for friends who help me feel Your joy. Help me to be an encourager like Jonathan, and remind others that You love them and have a good plan for their lives.

Amen.

Day 4: Joy in Trusting God's Plan

Scripture Reading: 1 Samuel 23:19-29

Devotional:

Even after all the close calls, Saul was still chasing David. This time, David barely escaped when Saul was right on his heels! But God kept protecting David, because God had a plan for his life: one day, David would be king.

Waiting is hard. Sometimes we want something now—like an answer to prayer, a goal to happen, or a dream to come true. But

David had to wait a long time before he became king. He had to hide, run, and trust that God had a plan. Even though life wasn't easy, David chose to trust God. You might be waiting for something too—a healing, a new friend, or an answer to a big question. Don't give up! When you trust that God is working, you can feel joy inside your heart, even while you wait. God's timing is perfect. His plan is always better than ours. And when we trust Him, joy grows like a flower in our hearts—even if it starts as a tiny seed.

Activity:

Create a "joy jar"! Each day, write something or draw a picture of something you're thankful for or a way you saw God working and put it in a jar. On a tough day, read/look at the notes and remember how God is faithful to bring us joy...even when times are difficult!

Prayer:

God, thank You for having a plan for me. Help me to trust You while I wait, just like David did. Fill my heart with joy, knowing You are always working for my good. Amen.

Memory Verse

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."



