

# **THE JOY CHALLENGE**

**25-DAYS TO REWIRE OUR  
BRAINS FOR GREATER JOY**

## **A PRAYER FOR YOU FROM AUTHOR, RANDY FRAZEE**

Dear God,

Even though we have likely never met, I feel a special bond with the person reading this prayer. I prayed every day for them through this journey that they would at the very least get a taste of the joy you offer through Jesus. I pray earnestly that some of the storms of worry have settled down a bit in their life. More than that, I pray they feel more equipped to handle those storms and experience your joy despite them.

I pray the journey doesn't stop here until the brand of joy that Jesus offers is complete in them. Finally, I pray they feel your calling to spread this joy with everyone they encounter until they see you face-to-face.

Maybe in your new kingdom granted to us through faith in your Son, we can finally meet and share our journeys in your joy.

The grace of the Lord Jesus Christ be with their spirit.

Amen.

# THE CHALLENGE

## READ

The Joy Challenge contains a total of twenty-five sections, including the four introductory parts that organize the principles, minus the introduction but including the conclusion. When you officially start the challenge, begin by reading the section for that day. The sections are quite short, so it won't take you long. If you are reading one of the four introductory parts, you will be prompted to take some time to journal some personal thoughts in response to the prompt.

## DO

Each joy principle contains a practice application. Your challenge is to put the principle into practice that day. Then take some time to journal your experience.

## MEMORIZE

A key component of this challenge is to "hide" God's Word in your heart (Psalm 119:11). Memorize four key scriptures, one for each of the four chapters of the book of Philippians. They aren't super long, but they are supernaturally powerful to carry around in your mind's pocket.

## REVIEW

Before you start the Joy Challenge, go to [www.randyfrazee.com/joy-cube](http://www.randyfrazee.com/joy-cube) to download and print out the Joy Cube, which has all twenty principles on it. Or, you can scan the QR code below. Print the Joy Cube on 11 x 17 cardstock or something with more heft if possible.

The goal is to keep the Joy Cube with you for all twenty-five days. When you get to your destination, pop it open and make sure you spend time reviewing all twenty principles. It should spark some interesting conversations. Simply tell your inquisitors your story.



## SHARE

The final step is to share the Joy Challenge with someone else. Better yet, gift them the experience. Even better yet, agree to do it again with them. You can't have enough joy. Can I get an amen?

# THE JOY CHALLENGE CHECKLIST

When you complete a task, check it off the list:

- Day 1: **Part 1 Joy Despite Your Circumstances**
- Day 2: Principle #1 Recall Happy Memories
- Day 3: Principle #2 Learn How to Love
- Day 4: Principle #3 See the Glass as Half-Full
- Day 5: Principle #4 Embrace Your No-Lose Situation
- Day 6: Principle #5 Take the High Road Without Fear
- Day 7: **Part 2 Joy Despite People**
- Day 8: Principle #6 Get on the Same Page with Your Community
- Day 9: Principle #7 Elevate Others Above Yourself
- Day 10: Principle #8 Stop Being a Grump
- Day 11: Principle #9 Celebrate Other People's Success
- Day 12: Principle #10 Do Right by Other People
- Day 13: Part 3 Joy Despite Your Past**
- Day 14: Principle #11 Stay Clear of Legalism
- Day 15: Principle #12 Recalculate What Really Matters
- Day 16: Principle #13 Put the Past Behind You
- Day 17: Principle #14 Focus on the Future
- Day 18: Principle #15 Surround Yourself with the Right People
- Day 19: Part 4 Joy That Defeats Worry**
- Day 20: Principle #16 Seek Reconciliation in Your Relationships
- Day 21: Principle #17 Give What Troubles You to God
- Day 22: Principle #18 Rehearse Your Blessings Daily
- Day 23: Principle #19 Accept That More Money and Stuff Isn't the Answer
- Day 24: Principle #20 Let People Help You
- Day 25: Conclusion Wrapping Up the Challenge**



**PART 1**

# **JOY DESPITE YOUR CIRCUMSTANCES**

**PRINCIPLE #1**

Recall Happy Memories

**PRINCIPLE #2**

Learn How to Love

**PRINCIPLE #3**

See the Glass as Half-full

**PRINCIPLE #4**

Embrace Your No-Lose Situation

**PRINCIPLE #5**

Take the High Road Without Fear



**MEMORY VERSE**

For to me, to live is Christ  
and to die is gain.

PHILIPPIANS 1:21



# READ

## Principle 2: Learn How to Love

# JOURNAL

### Love Languages

1. Identify your love language. How do you like to receive love?
2. Identify one person God has placed in your life to love. Write their name down.
3. Identify their love language. You can guess, ask some others who know them well, or simply ask them yourself. Most of us love according to what works for us. A learned lover knows what your love language is and loves you accordingly. They become fluent in your love language.
4. Ask God to give you a simple way to show this person love according to their love language by the end of the day. It's okay to get some help from others if they can keep it a secret. Write your idea down.
5. Love them.
6. Before the day closes, write about your experience. Did this act bring joy to the person? Did it bring joy to you? Be specific.

# NOTES

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**READ**

**Principle 3:** See the Glass as Half-Full

**JOURNAL**

As you go through the day, find situations where you can apply Paul's famous question: "But what does it matter?"

An example: Let's say you are driving down the freeway and somebody cuts you off at an exit. Normally, you might say . . . well, I better not write down what you or I might normally say. This time, shake it off and say (go ahead and say it out loud), "But what does it matter?"

Don't stop there. Look for the angle. Instead of assuming the guy (or gal) is a jerk, ponder a different scenario. Maybe they are new to your city and are lost—they didn't mean to cut you off; they likely didn't even see you. It happens to the best of us. You don't want their first couple of days in your city to make them think it is filled with impatient jerks. Then maybe whisper this prayer, "Thank you, God, that no one got hurt." And if your children are in the back seat, you will be modeling for them this valuable principle on increasing your joy despite your circumstances.

Look for three opportunities today to practice this principle.

Then, at the end of the day, take some time to journal your thoughts.

**NOTES**

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**I'VE**

**GOT**

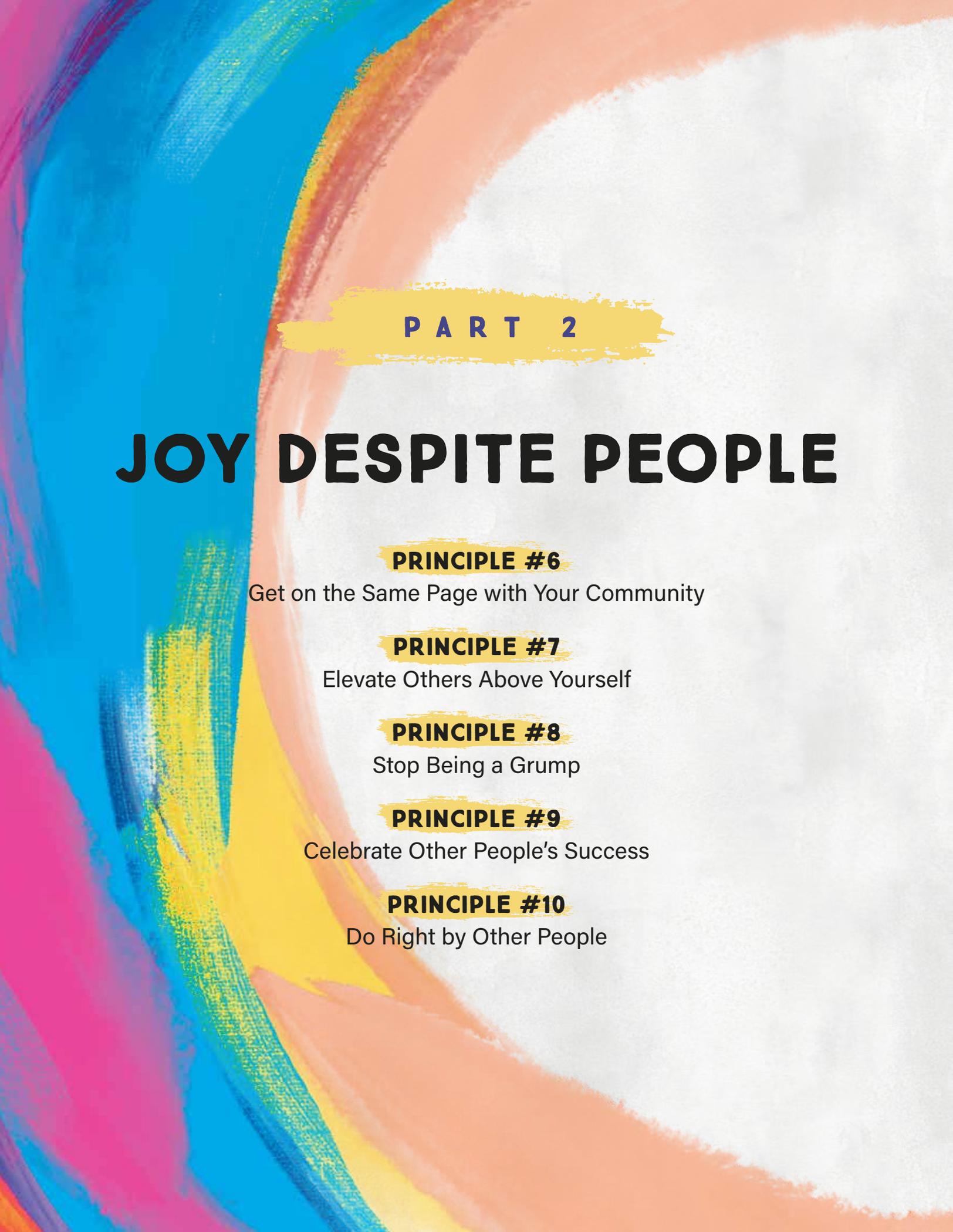
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**PART 2**

# JOY DESPITE PEOPLE

**PRINCIPLE #6**

Get on the Same Page with Your Community

**PRINCIPLE #7**

Elevate Others Above Yourself

**PRINCIPLE #8**

Stop Being a Grump

**PRINCIPLE #9**

Celebrate Other People's Success

**PRINCIPLE #10**

Do Right by Other People

# READ

PART 2: Joy Despite People

# JOURNAL

- Which of your relationships create the greatest amount of tension for you? Can you identify the source of the tension? Is there a recurring theme?
- If the people you identified above were asked what you do to contribute to the tension, what do you think they would say?

# NOTES

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## MEMORY VERSE

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind.

PHILIPPIANS 2:1-2

## MEMORY VERSE

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PHILIPPIANS 2:1-2













**The fruit of our  
work grows  
up on other  
people's trees.**

**- BOB BUFORD**



**PART 3**

# **JOY DESPITE YOUR PAST**

**PRINCIPLE #11**

Stay Clear of Legalism

**PRINCIPLE #12**

Recalculate What Really Matters

**PRINCIPLE #13**

Put the Past Behind You

**PRINCIPLE #14**

Focus on the Future

**PRINCIPLE #15**

Surround Yourself with the Right People



## MEMORY VERSE

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead.

PHILIPPIANS 3:13



## READ

**Principle 12:** Recalculate What Really Matters

## JOURNAL

The Aaronic blessings of Numbers 6:24–26 have been put to music by several artists. The first was written and performed by Christian artist Michael Card, entitled “Barocha.” The second was written by Cody Carnes and Kari Jobe, entitled “The Blessing.” For your challenge today, find these songs on whatever platform you use. Listen to both songs and pick the style that best fits you. Then, sometime today, whether in the morning or on your lunch break or in the evening, schedule a time and place with no distractions and listen to the song from start to finish. You can do this alone or invite others into the experience.

Before you start the song, take some deep breaths to release any tension you may have. Assume a posture that best puts you in a mood to receive. Whisper a prayer to God that you are ready to receive his blessing. Close your eyes and imagine Jesus looking into your eyes with an expression of pure love and delight to spend time with you. Start the music and take in the reality of your position as a child of God.

When you’re done, take some time to write your thoughts in your journal. Thank God for seeing you, loving you, and affirming you. Thank God for blessing you. What did this experience do for your joy levels?

## NOTES

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## READ

### Principle 14: Focus on the Future

## JOURNAL

Psychologists tell us that achieving mini goals leading to a bigger goal still completes the reward cycle in our brains that gives us a dopamine hit and increases our pleasure and joy.

Follow these steps today to start working on your future focus:

1. Declare

Tell God you want to adopt Paul’s goal of deepening your relationship with him. You can speak this prayer out loud or write it in your journal.

2. Anticipate

Imagine and meditate on the day coming when God, the Divine Hellanodikai, will call you to come up to stand before him and, based on your faith in Jesus, place a crown of righteousness on your head and welcome you into his eternal kingdom. Close your eyes and get specific and detailed in this encounter. You can imagine it in your mind or write it out in your journal.

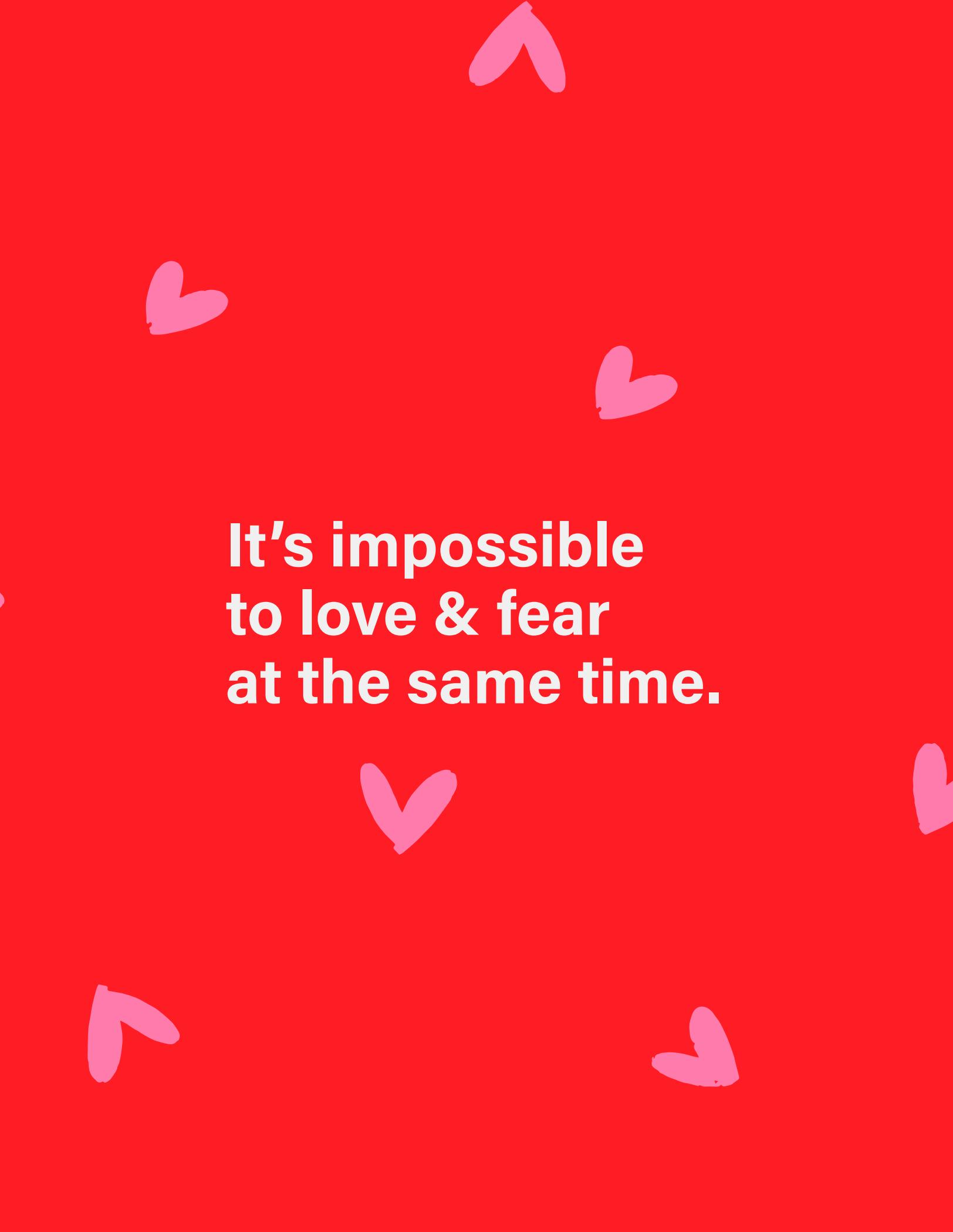
3. Go for a Small Win

Look for one way you can win today in deepening your relationship with Christ. If you haven’t been to church in a long time, make plans to attend this Sunday. If you are not in a small group with other Christians, take a step toward joining one. Or, read or listen to a chapter from the Gospels, like John 15 or 17. Once you complete this small win, journal your thoughts.

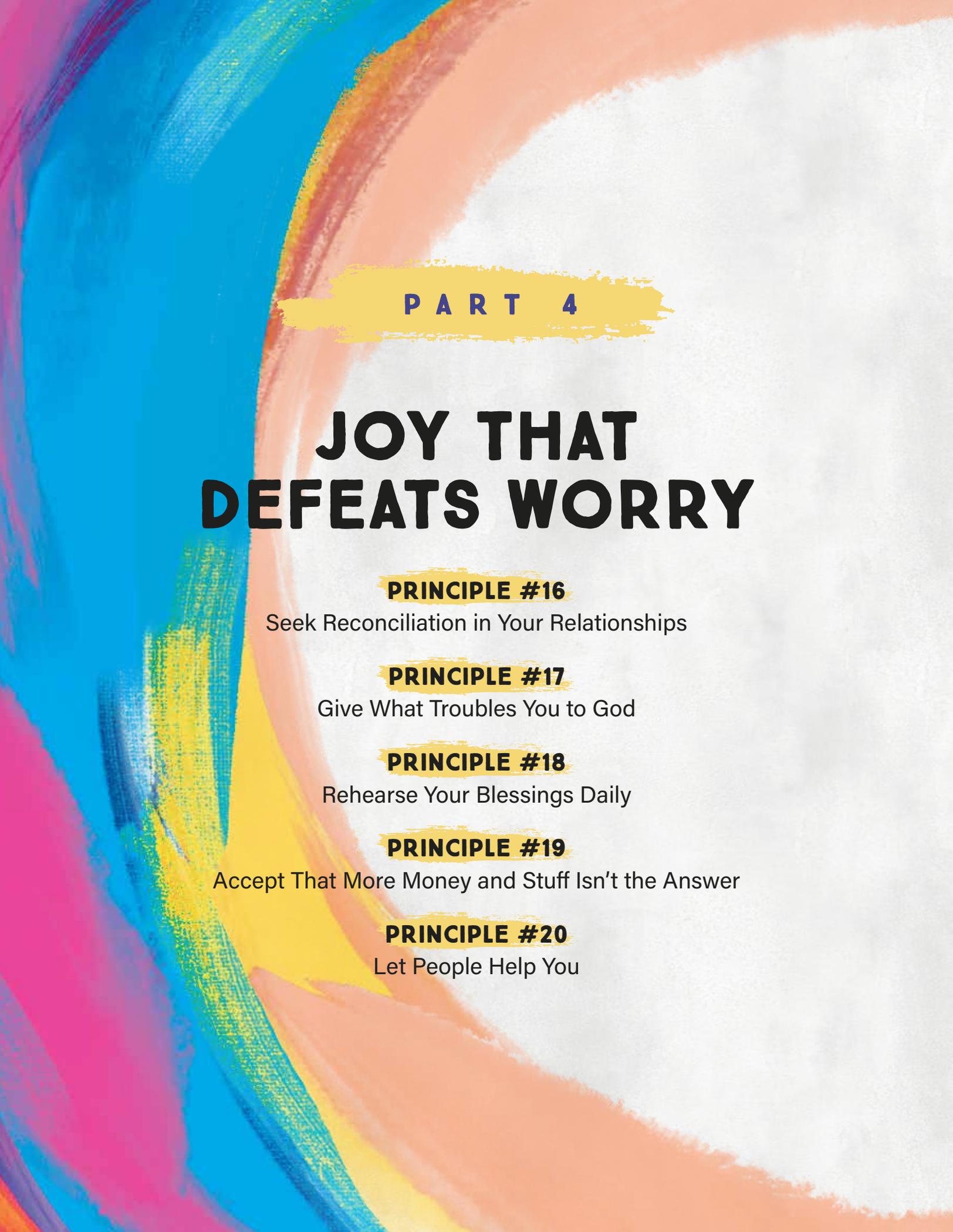
## NOTES

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The image features a solid black background with several light pink hearts scattered across it. The hearts are of varying sizes and orientations, some pointing up, some down, and some to the side. The central text is white and reads: 

**It's impossible  
to love & fear  
at the same time.**



**PART 4**

# JOY THAT DEFEATS WORRY

**PRINCIPLE #16**

Seek Reconciliation in Your Relationships

**PRINCIPLE #17**

Give What Troubles You to God

**PRINCIPLE #18**

Rehearse Your Blessings Daily

**PRINCIPLE #19**

Accept That More Money and Stuff Isn't the Answer

**PRINCIPLE #20**

Let People Help You

# READ

## PART 4: Joy That Defeats Worry

# JOURNAL

- What causes you to worry? Is it money, the future, your job, relationships, your health, or something else? Maybe it is more than one thing.
- What is the probability that what you are worrying about is actually going to happen?
- What do you think your life would look like if you could eliminate most of the worry?

If you are up for it, talk this over with someone else and let them share their thoughts. This would be a good conversation to have with the person or group of people who are participating in this challenge with you.

# NOTES

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## MEMORY VERSE

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

## REVIEW

Review Parts 1-4 on your Joy Cube

## **MEMORY VERSE**

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PHILIPPIANS 4:6-7







**READ**

**Principle 19:**

Accept That More Money and Stuff Isn't the Answer

**JOURNAL**

**Option 1:** Give away something you own that you really like to someone who would enjoy it or could even use it more than you do. This will help you get a read on where you are with putting your joy in your stuff. Journal your thoughts after the transaction is complete.

**Option 2:** Lean into the wealth that is more than just stuff or money. After dinner, if the weather permits, pull some comfy chairs onto the front porch or driveway. Invite a few friends or neighbors over, and spend the evening with them. Bring out your beverage of choice and have extra available for whoever else stops by. If it is a bit chilly and you have a portable fire pit, fire it up, or bring out some blankets for people to wrap up in. Consider putting on some music, but not too loud so people can talk. Share your favorite childhood stories, or just stare up into the sky and listen to the music. If possible, have these people over for dinner beforehand. Keep it super simple. Throw some burgers or brats on the grill, order your favorite pizza, or have everyone bring a dish.

After everyone goes home, journal your thoughts on this experience.

**NOTES**

Grid of dotted lines for notes.







**WITH  
HOPE,  
WE CAN  
COPE**

