

# THE JOY CHALLENGE

## FAMILY ROADMAP

Welcome to the Joy Roadmap! This Roadmap is designed to help your family grow in joy together as you read The Joy Challenge by Randy Frazee. Each day, parents are encouraged to read one principle from the book, then guide your children through one simple challenge on this Roadmap. These activities invite everyone to talk, pray, listen, and take action together. The goal isn't perfection—it's connection. As you move along the Roadmap, you'll discover practical ways to live out joy in everyday moments and help your children see how following Jesus brings lasting joy to our hearts and homes. To support you along the way, scan the QR code on this Roadmap to access a parent resource page with daily short videos that explain each challenge in more depth and help equip you to confidently lead your family each day.



SCAN OR  
CLICK HERE!

### Day 1

Memorize Philippians 1:21, using a repeat-after-me method, adding a little more each time. Then rate your current joy level from 1-10 (1 = lowest, 10 = highest) and remember it—you'll return to it later.

### Day 2

Share the name of someone who encourages you or brings you joy and why. Then write them a thank-you card, naming one specific way they have encouraged you or brought you joy.

### Day 3

Talk about the five Love Languages on page 24 and identify how each family member feels most loved. Then choose one family member and show love in the way they prefer most.

### Day 4

When something is hard or doesn't go your way today, think about one thing you can still be thankful for in the midst of it and pray a prayer of thankfulness to God.

### Day 5

Think about and answer these questions: What is something that feels scary right now? Do you think it will really happen? If it did, what do you think would happen? Then rate how much you trust God to be with you—1 to 10.

### Day 10

When something hard or annoying happens, pause and take a few deep breaths. Choose to stay calm and not let it ruin your day. Then tell a family member what happened and how you handled it.

### Day 9

During dinner or a car ride, ask specific questions about a family member's day. Listen carefully and show that you care by responding kindly.

### Day 8

Spot and call out 3 positive things for each person in your household.

### Day 7

Memorize Philippians 2:2 and practice by making up motions to go with the verse.

### Day 6

When someone upsets you or hurts your feelings, choose kindness instead of getting even. That's taking the high road like Jesus—and it leads to joy.

### Day 11

When your family is together, take turns sharing one piece of good news. Tell about something good that happened to someone God has placed in your life, and celebrate it together.

### Day 12

Think of someone God has placed in your life who may need help. Pray for guidance on how you can serve them, then take action (deliver a meal, help in their yard, etc.).

### Day 13

Memorize as a family, Philippians 3:13b. Practice this verse together using different funny voices (squeaky mouse voice, whisper voice, macho voice, etc.)

### Day 14

A legalist focuses on rules instead of a grace-filled relationship with God. Read the first three traits of a legalist on page 126, share which one you may struggle with, and pray for God's help to grow in this area.

### Day 15

Listen to two songs inspired by Numbers 6:24-26: Barocha by Michael Card and The Blessing by Cody Carnes and Kari Jobe. Then pray, thanking God for seeing you, loving you, affirming you, and blessing you.

### Day 20

Think about your relationships. Is there one that feels hurt or broken? Consider what may have caused it. Ask God to show you one small step to help make it better, and try to take that step.

### Day 19

Memorize Philippians 4:6, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

### Day 18

Think about the people you spend time with. Is there someone who makes it harder to make good choices? Consider why you may need less time with them. Then think of one person who helps you make wise choices and talk about your answers with a trusted adult or family member.

### Day 17

Read John 15 together as a family and pray and ask God to show you how you can take the next step in having a deeper relationship with Him.

### Day 16

Do you ever feel angry, fearful, judgmental of others, anxious, or insecure? If so, which one do you feel the most often, and why do you think that is? For younger children, ask them to draw a picture of what feeling scared or sad might look like, and talk about a time they felt that way.

### Day 21

Write down three worries or requests. Then read Psalm 8 together as a family and remember that God is bigger than your biggest fear—let that truth sink in. (Optional: practice "havering" together as a family.)

### Day 22

Play a game of "I Spy"! List the eight characteristics Paul says lead to peace, then look for people or situations that show each one. Try to find at least one example for all eight!

### Day 23

With a parent's help, give away something you really like to someone who would enjoy it or use it more than you. Then talk about how it made you feel and what that shows about where your joy comes from.

### Day 24

When something feels hard or you don't know what to do, ask for help instead of doing it alone. If someone offers to help, say "thank you" and receive their help with a joyful heart.

### Day 25

Revisit your joy rating from Day 1 (1-10) without looking at your original number. Reflect on how your joy has changed over the past 25 days, then pray together that God will continue to grow your hearts in joy so His light can shine through you to others.