

# FAMILY DEVOTION

## LIFE LAB "Joy"



"I'll Be Full Of The Joy Of The Lord!"



*"But let the godly rejoice... Let them be filled with joy."  
- Psalm 68:3*

### Say:

Have you ever had a day where nothing seemed to go right? Maybe someone was unkind, you didn't get your way, or something made you feel disappointed or frustrated.

When life is tough, it can feel hard to have joy. But did you know the Bible tells us that joy isn't something we only have when life is fun - it's something we choose because we know that God is always with us.

### Read:

2 Samuel 6

### Discuss:

- Who was the man in this Bible story?
- What was the name of King David's wife?
- What did Michal think about King David's dance moves?
- Did King David stop dancing because of what Michal said?

### Say:

David had every reason to be joyful, but his wife didn't think so! But even when she made fun of him, he didn't let that steal his joy.

God wants the same for us. The Bible tells us to ALWAYS be joyful. That means even when things feel hard, we can choose joy - not because of what's happening around us, but because God is always with us. Joy isn't just something we feel—it's something we choose!

### Discuss:

- Have you ever lost your joy because of something hard that happened?
- What are some ways we can choose joy even when life is tough?

### Pray:

Pray for your kids who may be facing difficult circumstances. Pray for them to have joy no matter what circumstances they are facing. Remind them that God is with them ALWAYS!

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