

**Kids**

**UP WITH**

**JOY!**

**DOWN WITH**

**DESPAIR**

**WEEK 1**

**This week...** we learned how joy comes from knowing God and trusting His promises for us. When we know and trust God, we can have joy, no matter our circumstances. Check out this devo to see what the Bible teaches us about JOY!

## DID YOU KNOW?

The word JOY is mentioned **218 times** in the Bible!



## GRAB YOUR BIBLES, LOOK UP THE VERSES BELOW, AND SEE IF YOU CAN FILL IN THE BLANKS

### Psalm 28:7

We can have joy because God is our \_\_\_\_\_ and \_\_\_\_\_.

### Psalm 81:1

We can have joy because God is our \_\_\_\_\_.

### Psalm 92:4

We can have joy when we look and see all that God \_\_\_\_\_.

### Psalm 94:19

When we're anxious, God can \_\_\_\_\_ us.

### Psalm 95:1

We can have joy when we remember that God is our \_\_\_\_\_.

## PRAY ABOUT IT

Use the prayer below to thank God for who He is and to ask Him to help you live **UP with JOY!**

"Lord, You make me glad when I remember all the amazing things You've done. You give me so many reasons to sing for joy (Psalm 92:4)! I praise You, God, because You are the great King above all kings. The mountains belong to You. The sea is Yours because You made it, and Your hands made the dry land. You are worthy of my worship. With You as my God, I know that I am under Your care (**Psalm 95:1-7**). I have joy because I know that You hear me when I talk to You and You are my strength and shield. You are #1 in my heart. Help me remember that You are the only thing I need to live joyfully. Amen"

# GOD IS...

Joy comes from knowing God and trusting Him. Use the space below to draw or write down all the things that you know about God and who He is. Then, go back and circle the words or pictures that stand out most to you. Whenever you're tempted to be down with DESPAIR, check out what you wrote to remind you to trust God and who is He so you can be UP with JOY instead.

# CHECK IT OUT

Grab some of your family members, pack a picnic breakfast, and find a quiet place to eat and watch the sunrise. Listen to the sounds of nature waking up around you. As the sun comes up, imagine that God is painting a picture in the sky for all to enjoy. Talk about how creative God is and how much fun He must have mixing the colors every day. Paint your own sunrise pictures at home and add the verse from below to the picture. You can also cut out black shapes, making silhouettes of your family, to add to the foreground of the paintings.

**People all around the world are amazed at the wonderful things you do. You make all people, east and west, sing with joy.**

**Psalm 65:8 ERV**

