

**Kids**

**UP WITH**

**JOY!**

**DOWN WITH  
DESPAIR**

**WEEK 4**

**This series...** we're learning how true joy comes from knowing God and trusting His promises for us. When we trust God, and remember everything He's gotten us through, we can find that true, lasting joy no matter what goes on around us. Check it out:

## LOOK IT UP

Grab a dictionary and look up the definition of DESPAIR and write it here:

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What things bring you down in despair? Draw or write them below:

## LIVE IT OUT

There are lots of things that can bring us down in despair. Look at the things you wrote down and ask God to help you find the good things – find the joy in the things that bring you down in despair.

## DID YOU KNOW?

It's easier  
to smile  
than it is  
to frown.



# GOD IS...

See if you can use the emojis below to retell this week's Bible story. If you need help, check out the online video OR check out the story in your Bible. You can find it in **Acts 16:16**.



# BIBLE VERSE

Look up the verse **Romans 15:13**, and write it below.

Circle all the things that God gives us when we trust in him.



When you LOOK UP,  
you'll be UP WITH JOY!