

30 Days of Joy – Name:

Unhappiness creeps in one day at a time, but regular infusions of joy help keep us vibrant and finding life in challenging seasons. Record the ways you made time (30 minutes!) for joy each day.

For the week of October 18- 25, 2021

Day One - October 18

- (Record how you made time for joy)

Day Two

•

Day Three

•

Day Four

•

Day Five

•

Day Six/Seven

•

For the Week of October 25-31

Day Eight - October 25

- (Record how you made time for joy)

•

Day Nine

•

Day Ten

•

Day Eleven

•

Day Twelve

•

Day Thirteen/Fourteen

•

For the week of November 1-7

Day Fifteen - November 1

- (Record how you made time for joy)
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Day Sixteen

•

Day Seventeen

•

Day Eighteen

•

Day Nineteen

•

Day Twenty/Twenty-One

•

For the week of November 8-15

Day Twenty-Two - November 8

- (Record how you made time for joy)
-

Day Twenty-Three

•

Day Twenty-Four

•

Day Twenty-Five

•

Day Twenty-Six

•

Day Twenty-Seven/Twenty-Eight

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For the week of November 16 and beyond

Day Twenty-Nine – November 16

- Respond: How have these thirty days of joy impacted you?
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- Remember to bring to church for the drawing on November 21st

Nehemiah 8:10 –“...for this day is holy to our Lord; and do not be grieved, for the joy of the Lord is your strength.”