

JOY SERIES

WEEKLY PRACTICES

May 4: Gratitude

Try gratitude journaling - sharing with God the things you are grateful for. Or grab a cup of coffee or tea and have a "Gratitude Cafe" with you family - sharing your things your grateful for with each other

May 11: Celebration

Be a person of joy this week & throw a party! It can be a simple dinner party or a weekend extravaganza - just invite friends and neighbors and have some fun!

May 18: Generosity

We all know materialism does not equal happiness. So give your stuff away! Seriously! Search your house and find something that you can gift to someone. Or choose a cause that is important to you and give money to it. The goal- be generous.

May 25: Joyful Perspective

If you are in a season of suffering, try 'naming the good' this week. Find three good things when overwhelmed by the bad, savor them, and give them to God.

June 1: Self-Giving

Do something selfless for someone else this week. Give someone a gift, celebrate a friend's accomplishments, baby sit for a grandkid or a young family you know. Give of yourself freely.

June 8: Celebrate the Resurrection

Death is not the final word - just a chapter in our eternity with God. Write your own eulogy, plan your funeral, or even go to someone's funeral. Remember life with joy rather than tears.

