

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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Day 1

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](https://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

- 1. You liked:  
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- 2. You learned:  
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- 3. You'd like to know:  
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## Day 2

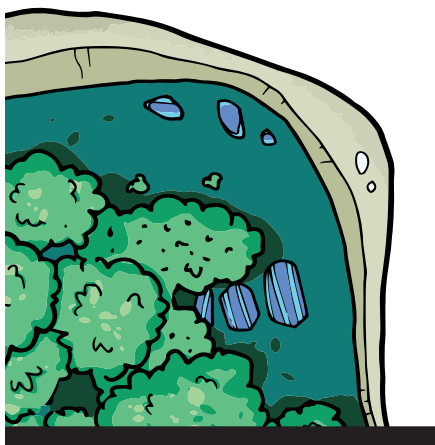
### Read Acts 5:17-42

As you read through Acts 5:17-42, put a smiley face beside any part of the story that you think would have brought the disciples joy. Put a frown face beside any parts of the story that you think would be hard to find joy.

Now, take a look back at the faces you drew. There are a lot more frowning faces than smiling ones, aren't there. But re-read Acts 5:41-42. Despite all they had suffered, the disciples chose joy!

How did they manage to choose joy no matter what? The key is in the last part of verse 42: *They never stopped telling people the good news that Jesus is the Messiah.*

The disciples knew that because Jesus had come to be their Savior, nothing they faced in this world would change the love God had for them, or the truth that they would spend eternity with God! They found joy in knowing that truth and in sharing it with others. And their joy, like the good news of Jesus, made waves throughout the world then and now!



## Day 3

### Did you know joy and gratitude are linked?

It's true! It's hard to not find some joy in life if you recognize the good things around you.

If you aren't already in the habit, start a gratitude journal this week. You can write down 1-2 things every day that you're grateful for in a notebook, or write them on sticky notes and put them on your door, or use a dry erase marker and write them on your bathroom mirror. Begin the practice today, and then personalize this prayer using the things you wrote down.

Keep adding to your gratitude list every day this week and praying a prayer of thankfulness as you do!



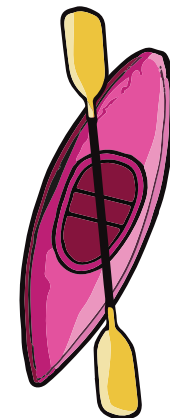
Dear God, thank You for all the things You have done for me and given me. It would be enough that You made me and love me, but then You sent Jesus to be my Savior, and the Holy Spirit to be my helper! And on top of that, You are the giver of so many good gifts, such as ..... and ..... Help me to see all the gifts You have given me as I go throughout my day and to choose joy no matter what happens! In Jesus' name, I pray, amen.

## Day 4

### Choose joy no matter what's going on.

Choosing joy isn't the same as happiness, but many of the things that make us happy can also bring us joy when we choose to reflect with thankfulness. Like, when you're having a bad day, maybe your mom takes you through the drive-thru for some hot fries, and that lifts your spirits . . . not just because of the salty goodness, but because you realize your mom cares.

One way you can spread waves of joy is by knowing what brings joy to others around you. That way you can help them choose joy even when things are hard. So today, grab a sheet of paper and a pen and interview everyone in your family, as well as any neighbors and good friends. Ask them to tell you 2-3 things that bring them joy. Write their name and their response down on your sheet, and save it for tomorrow.



## Day 5

### What are things that bring you joy?

Grab the list you made with the help of family and friends yesterday. It's time to start party planning! That's right, you're going to make some waves of joy today by throwing an impromptu party celebrating with all the things that bring your friends and family joy!

Start by circling the things that you can practically celebrate with at a party, and that you have the resources and ability to get at the last minute. Try to circle at least one thing per person—think creatively!

Remember, the point of this party is to bring joy to your friends and family, so don't stress about the food and drink, but just focus on fun music, simple décor (maybe make a JOY poster), and have something joy-ful for each person who comes. Maybe it's time with the family for your mom—well, make sure to plan the party when everyone in your family can be there. For your brother, maybe it's playing video games with his friends—make sure to invite them too, and have one party activity be video games.

Work with a parent to pick a time in the next couple of days to throw your joy party. It doesn't have to be long—even 15 minutes can be enough to generate some serious waves of joy!