

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



Lined writing area for journaling.



Day 1

After watching, write one thing that:

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

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

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Acts 16:22-34

Paul and Silas weren't doing anything wrong when they found themselves being captured and thrown into prison. They were using God's power to help someone, and they were spreading the good news of Jesus.

If anyone had reason to be mad about being in prison, it was these two. Not only were they not doing anything wrong, they were actually doing a lot RIGHT.

But there in that dark cell, surrounded by others who probably actually deserved to be in prison, the two men began to worship God. They prayed and they sang hymns – or songs of praise.

And that same joy that God's Spirit helped Paul and Silas to choose in prison, showed up again when they shared the good news of Jesus with the jailer and his family: *He and everyone who lived with him were filled with joy. They had become believers in God.*

You can choose joy when things are hard, and you can choose joy when things are good. You can always choose joy because God is with you.



Day 3

Grab a flashlight and take this devotional with you to a dark room or closet.

Imagine what it must have been like for Paul and Silas to be in prison. It might have been cold, and it was surely uncomfortable. And they didn't deserve to be there. But God helped them choose joy. **God can help YOU choose joy** too. Take a minute to ask God for just that.

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**Dear God,** as I sit in this dark place and think about what it must have been like to be Paul and Silas, and how they managed to choose joy in such a dark and scary place, I also see this light. The light reminds me that Jesus came to be the light of the world. His death and resurrection mean that I can have a relationship with You that lasts forever. And that is the number one reason I know I can choose joy. Please help me to choose joy every day. When things seem dark, help me to see Your light. In Jesus' Name, I pray. **Amen.**

## Day 4

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There's a big difference between happiness and joy.

It's easy to be happy when everything goes right in your life. Joy is something deeper and more real. It's choosing to look to God and trust God no matter what. It's knowing that even if your troubles don't go away right now, God has promised to make everything right in the end when we follow Jesus.

Interview 2-3 people today who you know follow God and ask them what they think the difference is between joy and happiness. Share with each other one thing that brings you happiness and one thing that brings you joy.

## Day 5

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What brings you joy?

Get a sheet of paper and write the word

# JOY

in **bubble letters.**

Using different colored markers or colored pencils, write inside the letters things that bring you joy. These might be things that are true about God, things you love about Jesus, and gifts that God has given you, like your family. (Your family might not always make you happy, but that doesn't mean they can't bring you joy!)

Hang the paper somewhere you will see it every day. Every time you see it, pick one thing you wrote and say, "Thank You, God, for \_\_\_\_\_!" as a way to choose joy!