

Summer of JOY

What is JOY?

Check out the links below to learn more about joy, and why it's important in our spiritual walk.

[Bible Project - Joy Word Study](#)

[Max Lucado - Contagious Joy](#)

[Oswald Chambers - My Joy...Your Joy](#)

Study

YouVersion (app download)

- Joy by Tyler Staton
- Relentless Joy
- Everyday Prayers for Joy
- Search for "Joy" and find a study you like!

RightNow Media

- The DNA of Joy
- Joy Ride: A Study of Philippians
- Philippians - Where Does Joy Come From?
 - Family friendly!

Read

Surprised by Joy by C.S. Lewis

Looking for Lovely by Annie F. Downs

Discovering Joy in Philippians by Pam Farrel, Jean E. Jones & Karla Dornacher (study & colouring)

Breath Prayer

Breathe Deep and Know: God is the source of hope, and He can fill you with joy and peace as you trust in Him.

Inhale: God of hope, I trust in you;

Exhale: fill me with joy and peace
From *Breath as Prayer* by Jennifer Tucker

Scripture Reading and Reflections

For many of us, summer is a time to be outdoors and so as you're outside this summer we'd like to encourage you to be amazed by creation and incorporate some reflection and spiritual practice into your time. There are four different practices below to engage with God and nature. Try to do a practice each day if you're able, maybe even morning and evening. These practices can be done on your own or together with your family. Return to these practices throughout the summer, reflecting on the different scriptures listed or look up other passages on joy.

Read: John 16:22, 1 Peter 1:8-9

Practice: Take your morning tea or coffee outside. Be still. Notice what you might not have noticed before. What do you see, hear, smell, and feel? Thank God for the day and all the opportunities it will bring.

Read: Psalms 47:1, Galatians 5:22-23

Practice: As you walk around your property or through your neighbourhood, notice the flowers, trees, and birds you see. Reflect on the many types – colour, size, shape – of each. Keeping in mind the passage from Matthew, pray about what you're worrying about and ask God to help you let go of those worries.

Read: Psalm 5:11, John 15:11

Practice: Take a drive to your favourite spot by the lake, or another body of water you enjoy. Spend some time enjoying the water and its ability to sooth, calm and make us feel rested. Reflect on what you're preoccupied with and striving for that may be making it difficult to rest in the abundance and wholeness God has for us. Ask God to shift your focus to him and the gifts He is pouring into your life.

Read: Jeremiah 15:16, Romans 15:13

Practice: Head outside in the evening and spend some time in stillness before God. Thank God for the day. Review your day and the events that occurred – where were you aware of God's presence? Was there a time you focused on yourself and missed an opportunity to be used by God? Where were you at your best and worst? Name the feelings that come up as you review your day. Chose a couple of those feelings to pray about, taking time to listen to God. Look ahead to tomorrow – what did God reveal to you that you want to bring into tomorrow?

Share your moments of JOY!



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