

40 Days of Joy Guide



Thank you for participating in this journey to discover JOY! This guide offers some tools to use along the way.

Daily Discussion Starters are prompts which help us to explore and learn about each other. Using that, we can make course corrections on our path to lead us more to the JOY-filled lives we desire.

Memory Verses are short passages from the Bible we are using to support our weekly theme. Memorizing something from the Bible may be new to you and so we encourage you to give it a shot. Many who do so remark how when difficult times come, a memorized passage invariably comes to mind to encourage them and bring them back to a place of JOY.

Weekly Presentations are special videos we post at [YouTube.com/MarinersHMB](https://www.youtube.com/MarinersHMB). We recommend you watch them each Sunday as the week's theme is introduced. They will be designed for all ages with humor, encouragement, and inspiring messages and music.

Daily Video Check-ins are also on our YouTube channel. Each day, you will hear from some of our church staff as they share some reflections of their own as they journey with you.

Again, thanks for joining us on this journey!

Let's end this year with JOY!



MarinersCC.org /[marinerscc](https://www.facebook.com/marinerscc) @[MarinersHMB](https://twitter.com/MarinersHMB) @[MarinersHMB](https://www.instagram.com/MarinersHMB) [MarinersHMB](https://www.youtube.com/MarinersHMB)

40 Days of Joy Guide



Week 1: The difference between Joy and Happiness



Daily Discussion Starters

Sunday - Everyone talk about the difference between being “happy” and being “joyful?” How is JOY deeper than happiness?

- Have everyone talk about something that makes them happy.
- Have everyone talk about something that gives them joy.

Monday - How do we think someone can still have JOY when things aren't going that well for them?

Have someone share about a time when they were JOYFUL when something hard was happening.

Tuesday - Have everyone talk about someone they know who is full of JOY. Why do you think they are like that?

Wednesday - Ask everyone to talk about how we can get more joy into our lives. How can we get it more into our family?

Thursday - Let's all share one JOYFUL thing in our lives. Why does it give you joy?

Friday - How does JOY give us strength for our lives? Let's all share an example of how being joyful made us stronger.

Saturday - Make a list of what you learned about JOY this week.

40 Days of Joy Guide



WEEK 2: The Joy of knowing who you are and your purpose



Daily Discussion Starters

Sunday - Everyone complete this: "I'm really good at _____." Why do you think God gave you that skill?

Monday - Have a fun discussion about what things you want (or wanted) to be when you grow up. Why do you want to be that?

Tuesday - Talk about the way we are different. What ways are we the same? Why is that?

Wednesday - The Bible says that you are "God's workmanship" (Ephesians 2:10) which means that He specially created you. Talk together about what that says to you.

Thursday - Think together about how God did something special through each one of you because God made you unique.

Friday - Talk together about how being 'bad' at one thing makes you 'good' at something else.

Saturday - Share how what God says about us is more important than what other people think of us. Are you thankful you are you?

40 Days of Joy Guide



Week 3: Enjoyment



Daily Discussion Starters

Sunday - We want to talk about how God is with us and gives us joy each and every day. So, starting today and for every day this week, everyone gets to share one joyful thing that they experienced that day. Keep your eyes open for something joyful!

Monday-Friday - Each one share something that happened today that gave you joy.

Saturday - Of all the great things that happened this week, which was the BEST?

Week 4: People in your life



Daily Discussion Starters

Sunday - This week we want to talk all about how God has put people in our lives to give us joy. So, to start off, talk about a good friend you have. Why do you like each other?

Monday - Each one talk about something that someone in your family has done to give you joy.

Tuesday - Who is someone that you all thing could use some joy. Talk together and think of something you can do to bring them joy tomorrow. Then, make plans to do it!

40 Days of Joy Guide



Wednesday - How did your act of kindness bring that person joy? How did YOU feel as you were planning it and doing it?

Thursday - What do you think is the best way to let someone know you like them and appreciate them?

Friday - Why do you think some people are hard to like? Talk about how people who have been hurt in life sometimes have had difficulties and don't know how to help bring others joy. How do you think we should treat those people?

Saturday - Talk about what you learned about how important people are to your life and how you are important to theirs.

Week 5: Giving



Daily Discussion Starters

Sunday - Jesus said, "It is more blessed to GIVE than to RECEIVE." -Jesus, Acts 20:35. Each one share what they think it means. What does giving have to do with JOY?

Monday - Think together about someone else in your neighborhood, school, or near where you live that you all can give joy to by giving. Make a plan on what you will do, letting each family member contribute and be a part of the gift (we'll talk about the results on Saturday's Discussion Starter).

Tuesday - Each one of you share about a favorite gift you once received. Why did you like it so much and why did it give you joy?

40 Days of Joy Guide



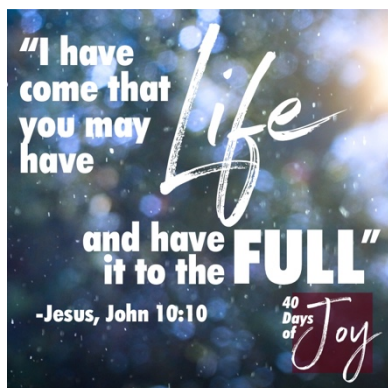
Wednesday - Have each person share about a time when they couldn't wait for someone to open up a gift they brought. Why is that such a special time?

Thursday - What are things that we can "give" in generosity to others in our family each day that don't cost anything.

Friday - Did you give you surprise your neighbor with a joyful gift? How did they respond? What were you feeling as you gave?

Saturday - Talk together: What did we learn this week about "giving" and joy?

Week 6: Jesus



Daily Discussion Starters

Sunday - Everyone share something that is giving them JOY this Christmas (and doesn't involve presents they are getting!)

Monday - This is Christmas week! Read the original Christmas story the Bible book of Luke, chapter 2, verses 1 through 21. Talk about who your favorite people are in the story.

Tuesday - You may want to re-read the Christmas story or just retell it and talk together about the kind of JOY Mary and Joseph must have been experiencing.

40 Days of Joy Guide



Wednesday - In the story of Jesus' birth, the angel said, "I bring you good news of great joy" (Matthew 2:10). Talk together about how Jesus brings Joy into our lives.

Thursday - This is **Christmas Eve**. Watch the Christmas Eve service together at [youtube.com/MarinersHMB](https://www.youtube.com/MarinersHMB)

Friday - How was Christmas Day? Have everyone talk about the best present they received. Now, talk about the best present you **GAVE** and why that was special. Take a moment to talk about how Jesus is God's "present" to us: "For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life." -Jesus, John 3:16 (NLT)

Saturday - Jesus said, "I have come that you might have life, and have it to the full." -John 10:10. Talk together about what it means to have a full life. What is the best thing that God has done for you?

Week 7: Hope for the Future



Daily Discussion Starters

Sunday - How did God bring **GOOD THINGS** in 2020 that never would have happened if it were not for so many "hard things."

Monday - What are you looking forward to in 2021? Look at this Bible verse: For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope." -Jeremiah 29:11. How can that give you **JOY**?

40 Days of Joy Guide



Tuesday - Talk together about what it means to have “God part of your life in 2021.”

Wednesday - Together, share all the good things that happened in 2020 and have someone write them down. If you are comfortable, pray together and thank God for His work.

Thursday (New Year’s Eve) - Tomorrow is the New Year! How can we make 2021 a YEAR OF JOY? Maybe start a JOY graffiti wall and write down every joyful thing for the year. Or post a joyful picture every day on your family Facebook Page.

Happy New Year and God bless you!