

Day 5

...I will turn their mourning into joy. I will comfort them and exchange their sorrow for rejoicing.- Jeremiah 31:13

JOY

List at least ONE unexpected encouragement, blessing or miracle that happened over the past week.

And today, EVEN in this tough life circumstance: name the struggle here:

I CAN have JOY because Your Word says so: (look up & write a JOY scripture)

in the Book of _____, Chapter _____, Verses _____

(Examples... 1 Thessalonians 2:20, 3:9, John 15:11)

Today I determine to have this JOY in my attitude even if my circumstances are not perfect!

YES, I WILL CHOOSE JOY TODAY 😊 _____

NO, I WILL KEEP BEING A SOUR FACE ☹ _____

Prayer for You Today:

Father, we come to you today remembering that you woke us up with the ability to get out of bed! Thank you for hot water & clothes to wear today! You do so many things we never even know about, like protecting us within a split second of an accident on the way to work. We are thankful. Even when life is heavy, hard and just down right discouraging, You promise to give us grace each day to take that next step and even give Joy & Peace! Thank you for that today Lord! You are so gracious and loving. Amen