



WEEK 2:

DAY 1:

READ:

James 1:2: Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,

REFLECT:

Pure joy....What?! How is that even possible?

Joy is different than happiness. Happiness is based on our circumstances. Whereas joy is in spite of them. James says to choose joy because joy is a choice not a feeling. Consider the storms in your life and the lives of others you know. What does choosing joy look like?

PRAY:

Father, I come to You today to ask for Your guidance in helping me choose joy on a daily basis. Help me to move beyond what I see in the world around me. Help me to move beyond the storms of life I am facing to choose joy. Especially times when I don't feel joyful. Work in me to shift my perspective and my thinking to find joy today. Amen.