

Luke 2:8-10

8 That night there were shepherds staying in the fields nearby, guarding their flocks of sheep. 9 Suddenly, an angel of the Lord appeared among them, and the radiance of the Lord's glory surrounded them. They were terrified, 10 but the angel reassured them. "Don't be afraid!" he said. "I bring you **good news** that will bring great **JOY** to all people.

Increasing Your Joy

**Take time this week to notice
God's blessings all around you.**

- **Notice** and **name** them to yourself and to others. Big and small, noticing God in your every day life will increase your joy!
- Look for those **real joy moments** that only God gives and that no one can take away.
- Talk about the **GOOD NEWS** and what that means for all of us.

Joy Through Sorrow

God promises that He can give us joy, even in the midst of pain.

- Take time to notice and listen for God, especially on the difficult days.
- Share with others how God is blessing you and bringing you joy **even during tough times**. If you are struggling, take time to remember when He has done it in the past.
- Remember to pray and talk to God about what is on your heart. Be honest.

Joy Through Singing

Spend time listening to Christian music this week.

- **Listen** to the radio (K-Love, WJTL), or find playlists on Spotify or Apple Music. Listen as a family – in the car, making dinner, while you get ready.
- What words stick out to you? **Talk** about the lyrics together.
- **Make** a weekly or monthly playlist of your family's favorite songs.
- **Sing** songs as a family. Remember, God wants to hear our voices praising Him – He doesn't care how we sound!

Prayer This Week

- Every day this week, have each person in your family thank God for **three things** He gave them that didn't cost any money.
- Pray for opportunities for you and your family to share God's joy with others. You could invite them to join your family for a dinner, a game night, or a Christmas outing.
- Ask God to show you who in your life you can share the Good News with as we prepare to celebrate Christmas.
- Ask God who you can invite to church.

Joy Through Singing

**Some good Spotify playlists to
listen to as a family:**



Christmas Worship



Christian Hits



Top Christian and Gospel



Christian Christmas

How to scan: Open Spotify. Press “Search”  , then press the camera icon  (top right).

Scan these codes and you will be taken to the playlists! 