



Soul Care

Finding Joy in Our Wounded State

“In Your presence is fullness of joy.”

Psalm 16:11

Your Best Day

IMAGINE A DAY FILLED WITH JOY.

Take a few minutes to picture your best day—one where you feel alive, at peace, and deeply content.



"Delight yourself in the Lord,
and He will give you the
desires of your heart."

Psalm 37:4



♡ 1. MY BEST DAY

*Describe your best day in as much detail as you can.
Where are you? Who are you with? What are you doing?
How do you feel?*

♡ 2. WHAT BRINGS ME JOY?

*List the people, places, activities,
and moments that bring you joy.*

♡ _____

♡ _____

♡ _____

♡ _____

♡ _____

♡ _____

♡ _____

♡ _____

♡ 3. HOW JOY SHOWS UP IN ME

When I am filled with joy, I remember to...

♡ 4. RETURNING TO JOY

*What are 3 simple things you can do when
life feels heavy to reconnect with joy?*

1. _____

2. _____

3. _____

A space to continue

♡ Joy is a gift. Pause. Reflect. Share it.



Our Story

We were created for connection with God.
The fall wounded us.
We look for joy in places that cannot truly satisfy.
God invites us back to Himself.

*"You make known
to me the path of life;
in Your presence
there is fullness of joy."*

Psalm 16:11

1. WE WERE CREATED

What did God design us for?

- ☐ To be loved
- ☐ To be whole
- ☐ To be connected
- ☐ To bear fruit
- ☐ To enjoy His presence
- ☐ To reflect His image

How do these truths encourage you today?

2. THE FALL WOUNDED US

What areas of you feel most impacted?

HEART
(Love & Attachment)

MIND
(Thoughts & Beliefs)

EMOTIONS
(Feelings & Reactions)

WILL
(Choices & Desires)

Where do you notice repeated patterns in your life?

3. WHERE DO WE LOOK?

What do you tend to rely on for joy, security, or worth?

- ☐ Control
- ☐ Relationships
- ☐ Success / Achievement
- ☐ Money / Provision
- ☐ Comfort / Pleasure
- ☐ Knowledge / Wisdom
- ☐ Health / Well-being
- ☐ Spiritual Performance
- ☐ Other: _____

What are you hoping these things will give you?

*God is not asking you to be perfect.
He is inviting you to be honest, surrendered, and loved.*

*The issue isn't the gift—
it's what we depend on.*

THE BIG IDEA

We have good gifts, but our dependence
reveals where our trust truly is.
God invites us to surrender those places
so we can receive lasting joy.



GRATITUDE PRACTICE

List 10 things you are thankful for today.

1. _____ 6. _____
2. _____ 7. _____
3. _____ 8. _____
4. _____ 9. _____
5. _____ 10. _____

SURRENDER & TRUST

What would it cost you to surrender in this area?

What is wounded in you that makes it hard to trust God here?

What is one step of surrender you can take today?

DAILY PRACTICE



1. CONNECT

Spend time with God daily.
Listen for His voice.



2. SURRENDER

Release what you can't
control and trust His ways.



3. BE THANKFUL

Choose gratitude every day.
It shifts your heart.



4. WALK IN JOY

Receive His joy.
Share His love.



5. KEEP BRINGING YOUR WOUNDS TO HIM

He is your refuge,
your help, and the One
who lifts you up.

TODAY I CHOOSE TO...



Bring my true self to God.



Trust His timing and His ways.



Lean on His strength,
not my own.



Walk in the joy He gives.



Love others for their good,
not my own.

CLOSING REMINDER



Joy isn't something we create.
It's something we receive
when we abide in Him.

