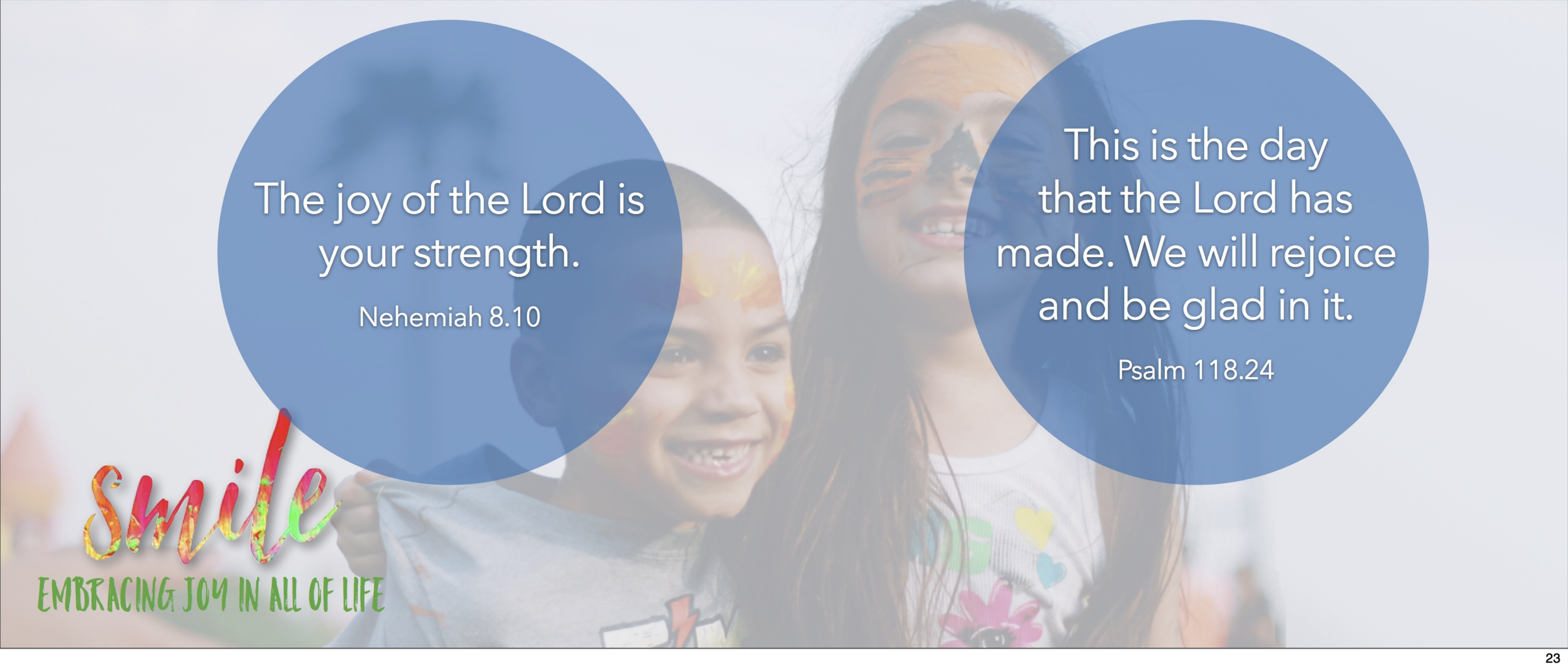




# Smile

EMBRACING JOY IN ALL OF LIFE



A background image of two young girls with colorful face paint (yellow and orange) smiling joyfully. The image is slightly faded to allow text to be overlaid.

The joy of the Lord is  
your strength.

Nehemiah 8.10

This is the day  
that the Lord has  
made. We will rejoice  
and be glad in it.

Psalms 118.24

*Smile*

EMBRACING JOY IN ALL OF LIFE



# CULTIVATING MY JOY DAY TO DAY

exercise  
the "wonder drug"

praying  
3-5x/day

Sabbath

relationship

*Smile*

EMBRACING JOY IN ALL OF LIFE



Jeremiah 29

<sup>11</sup> 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.

God knows you and what you're going  
through

He has a plan for you - it's a good future  
worth hoping for

God is involved in your life. It's personal  
to Him

*Smile*

EMBRACING JOY IN ALL OF LIFE



## Jeremiah 29

<sup>4</sup> This is what the Lord of Heaven's Armies, the God of Israel, says to all the captives he has exiled to Babylon from Jerusalem: <sup>5</sup> "Build homes, and plan to stay. Plant gardens, and eat the food they produce. <sup>6</sup> Marry and have children. Then find spouses for them so that you may have many grandchildren. Multiply! Do not dwindle away! <sup>7</sup> And work for the peace and prosperity of the city where I sent you into exile. Pray to the Lord for it, for its welfare will determine your welfare."

Smile

EMBRACING JOY IN ALL OF LIFE



## Jeremiah 29

<sup>8</sup> This is what the Lord of Heaven's Armies, the God of Israel, says: "Do not let your prophets and fortune-tellers who are with you in the land of Babylon trick you. Do not listen to their dreams, <sup>9</sup> because they are telling you lies in my name. I have not sent them," says the Lord.

<sup>10</sup> This is what the Lord says: "You will be in Babylon for seventy years. But then I will come and do for you all the good things I have promised, and I will bring you home again."

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**Context: the people were in Babylon and wanted to be back in Jerusalem (their home)**

**But God had said that they were going to be in Babylon for 70 years.**

**We often find ourselves in a "want to be in another place" place**



Jeremiah 29

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Smile

EMBRACING JOY IN ALL OF LIFE

"Embrace this situation you're in".

"Bloom where I've planted you."

"Even though you want to be *there*, find me in your *here*"





Steve and Janice

*Smile*

EMBRACING JOY IN ALL OF LIFE









come receive these symbols of Jesus' sacrifice for you





*Lord, I'm willing to take my cup. I open my heart to embracing you in my situation*