

## **Get Your JOY Back**

### **Proverbs 17:22**

*“A joyful heart is good medicine, but a crushed spirit dries up the bones.”*

## **I’m Thankful For...**

### **Respond with Praise**

### **Psalms 100:4-5**

*“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. <sup>5</sup> For the Lord is good and his love endures forever..”*

**Something shifts in our hearts when we give God praise.**

### **Make a Thankful List**

### **Psalms 103:2-5**

*“Bless the Lord, O my soul, and forget not all his benefits—<sup>3</sup> who forgives all your sins and heals all your diseases, <sup>4</sup> who redeems your life from the pit and crowns you with love and compassion, <sup>5</sup> who satisfies your desires with good things so that your youth is renewed like the eagle’s.”*

### **Ephesians 5:20**

*“Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.”*

### **Be Thankful for People**

### **Philippians 1:3**

*“I thank my God every time I remember you.”*

### **Hunt the Good Stuff**

**James 1:17**

*“Every good and perfect gift is from above, coming down from the Father of the heavenly lights.”*