

You can have joy all the time.

Bible Story

Joy in the Psalms Psalms 8 and 19

David writes poems, called psalms, when he looks at all the things God has made.



"A joyful heart is good medicine."
Proverbs 17:22, ESV

ENGAGE IN EVERYDAY MOMENTS TOGETHER

Morning Time

When you go into your child's room, cuddle them and say: "Good morning, [child's name]! Do you know why I have joy? (Pause.) I have joy because God loves you and God loves me!"

Drive Time

While on the go, look for things God made. As you name them together, talk about how we can have joy when we see the things God made.

Cuddle Time

Cuddle with your child and pray: "God, it's hard to imagine having joy all the time, until I think about how much You love us, and then I have a joy that cannot be taken away! Thank You for this joy that only You can give. In Jesus' name. Amen."

Bath Time

Play preschool praise music during bath time. As you bathe your child, sing along with the songs. Talk about how when you think about how much God loves you, it gives you joy and makes you want to sing to God!



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