Week One: Joy

Theme Verse
1 John 1:1-10

Challenge
The Joy Note Hunt

Step One: Gather as a family and discuss what biblical joy is.
- Joy is more than happiness.
- Joy comes from knowing Jesus and encouraging others.

Step Two: Give each family member several sticky notes.

Step Three: Have everyone write one encouraging thing about every other person in the family.
- "I love how you help me."
- "You always make me laugh."

Step Four: Secretly hide the notes throughout the house where family members will discover them throughout the week.

Step Five: When someone finds a note, read it aloud and celebrate together.

Family Discussion
1. How did it feel to receive encouragement?
2. How did it feel to encourage someone else?
3. How can we bring joy to people outside our home this week?

Weekly Checklist
☐ Watch the video and discuss in the following format:
Upward: what does this text tell us about God? **Inward:** what does this text tell us about us?
Outward: how can I apply this text to impact others?

☐ At least **one hour** of quality family time. (no phones, screens, earbuds etc.)

Daily Verses

Monday	Tuesday	Wednesday	Thursday	Friday
John 15:11	John 16:22	Romans 15:13	Phillipians 4:4	Proverbs 17:22

Daily Checklist

Monday
☐ Pray together.
☐ Discuss the verse of the day.

Tuesday
☐ Pray together.
☐ Discuss the verse of the day.

Wednesday
☐ Pray together.
☐ Discuss the verse of the day.

Thursday
☐ Pray together.
☐ Discuss the verse of the day.

Friday
☐ Pray together.
☐ Discuss the verse of the day.