**Memorize Hebrews 12:2 & Luke 7:34**

Keep in mind that while Jesus was fully GOD, He was fully Man. He laughed, cried and experienced everything a normal man would have.

**Think about it:**

- ❑ Jesus laughed – what would He Laugh with you about this week?
- ❑ Jesus cried – what would He cry with you about this week
- ❑ Jesus performed Miracles – what would He celebrate with you this week?
- ❑ Jesus Comforted the hurting – what would He comfort you about this week?

**To Do This Week:**

- ❑ Choose Joy in the middle of life's issues
- ❑ List your blessing, jot down One Happy Thing a day
- ❑ Jesus delights in your delight! Remind your heart by reading verses that Jesus spoke
- ❑ Don't focus on fears or issues or problems. Focus on the Father! Focus on the One that loves YOU.
- ❑ Jesus helped everyone He could. His heart was overflowing with Great Joy. Do one kind thing a day for someone else. A note, a text, hold the door – anything. It doesn't matter what it is, just do something for someone else.