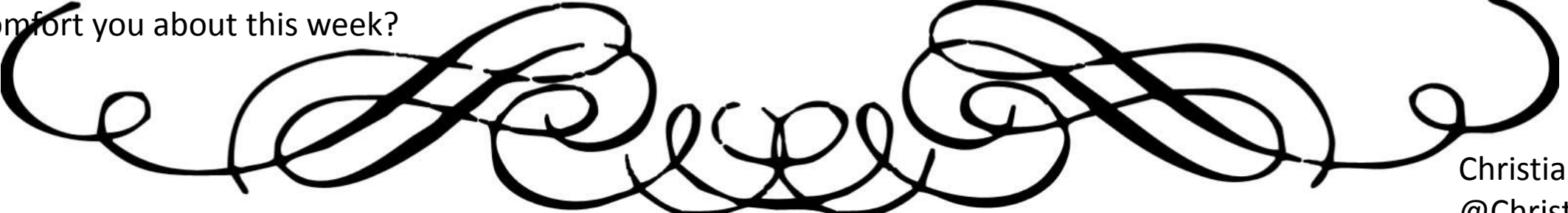




Memorize Hebrews 12:2 & Luke 7:34

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?
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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.