



“Why a joy journal?,” you ask.

Well, we could start with the fact that joy is central to God’s character. Because of that, joy is intricately involved in every relationship, in every job, and in every attitude we express. Though joy is vital to every layer of our life, it’s alarming how diminished this virtue can be. Daily living can become a pattern of going through the motions and doing “the things” when joy is absent. But, for the rest of the year, we are going to practice and increase our JOY!

This journal serves as a daily resource to spur your thoughts toward joy. Along the way, you will read joy stories from others in our GrowPoint family! We are glad you grabbed this journal! Now let your days be saturated with stories of joy!

Grow (in JOY) Together!

Pastors Josh & Sumer

“Do not grieve, because the joy of the LORD is your strength.”

Nehemiah 8:10

Day 1

November 27

Reflect on the first time you heard the Good News of Jesus. How old were you and who shared their faith with you? Who can you share your faith with and disciple in your own life?

[illegible]

John 3:16

For God loved the world in this way: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.

Day 2

November 28

Look out your window. What do you see outside that you are grateful to see or to have? Thank God for the amazing world He created.

[illegible]

Psalm 65:8

Those who live far away are awed by your signs; you make east and west shout for joy.

Day 3

November 29

Take a look around you. What are the most basic, everyday things you don't think about? It could be a chair, clean water, or clothing. Write why you are thankful God blessed you with those necessities and how God provides in small ways in your life.

[illegible]

Luke 12:27

Consider how the wildflowers grow: They don't labor or spin thread. Yet I tell you, not even Solomon in all his splendor was adorned like one of these.

Day 4

November 30

Think back to the time when you were in need. Reflect on how God provided for your needs. Spend time praising the Lord for His provision.

[illegible]

2 Corinthians 9:8

And God is able to make every grace overflow to you, so that in every way, always having everything you need, you may excel in every good work.

Day 5

December 1

Recall one of your happiest experiences from your childhood. Why are you grateful for it? Praise God for the good times and fond memories in your life.

[illegible]

Psalm 143:5

I remember the days of old; I meditate on all you have done; I reflect on the work of your hands.

Day 6

December 2

Have you ever walked through a season of hardship? How did God show you hope and comfort during that time? Reflect on your experience below and praise God for His hope.

[illegible]

Psalm 23:4

Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff—they comfort me.

Day 7

December 3

When is a time or season when you felt filled with the joy of the Lord? Reflect on that experience as you thank God for complete satisfaction in Him.

[illegible]

Psalm 118:15

There are shouts of joy and victory in the tents of the righteous: "The Lord's right hand performs valiantly!"

Day 8

December 4

Reflect on an area of your life that God is currently pruning and refining. Write a prayer of praise thanking God for this act of love and for drawing you closer to Him.

[illegible]

Hebrews 12:11

No discipline seems enjoyable at the time, but painful. Later on, however, it yields the peaceful fruit of righteousness to those who have been trained by it.

Day 9

December 5

Consider where you live. The country, state, city, neighborhood. It may not be perfect or ideal, but is there anything about it that makes you fortunate to be there? Reflect on how God provided a place for you to live and dwell.

[illegible]

Psalm 16:6

The boundary lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance.

Day 10

December 6

Is there something you had in the past, but are grateful you don't have now (either something tangible, a habit, or a relationship)? Thank God for freedom and new beginnings.

[illegible]

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!

Day 11

December 7

Even when you stray and wander from God's promises, God is merciful to forgive your sins. Praise the Lord for His patience with His wayward children! Reflect on God's mercy below.

[illegible]

Psalm 32:5

Then I acknowledged my sin to you and did not conceal my iniquity. I said, "I will confess my transgressions to the Lord," and you forgave the guilt of my sin.

Day 12

December 8

What are you most thankful for about your relationship with God?

[illegible]

Psalm 16:11

You reveal the path of life to me; in your presence is abundant joy; at your right hand are eternal pleasures.

Day 13

December 9

What are some of the things you enjoyed today that someone else might not have? Praise God for those basic necessities you often take for granted, but would be a blessing to someone in need.

[illegible]

Psalm 31:19

How great is your goodness, which you have stored up for those who fear you. In the presence of everyone you have acted for those who take refuge in you.

Day 14

December 10

Read Psalm 36:7 and reflect on a time when God has been your refuge.

[illegible]

Psalm 28:7

The Lord is my strength and my shield; my heart trusts in him, and I am helped. Therefore my heart celebrates, and I give thanks to him with my song.

Day 15

December 11

Who in your life is a blessing to you on a regular basis? Write how they have impacted you and write a brief prayer of blessing over their life.

[illegible]

Proverbs 27:9

Oil and perfume make the heart glad. So does the sweetness of a friend's counsel that comes from the heart. (AMP)

Day 16

December 12

**When have you been intentionally still before the Lord?
What lessons did God teach you and how did He reveal
Himself to you in your time of solitude?**

[illegible]

1 Samuel 3:10

*The Lord came, stood there, and called as before, “Samuel, Samuel!”
Samuel responded, “Speak, for your servant is listening.”*

Day 17

December 13

Be still and quiet. Do you hear anything? What do you hear and why are you thankful for it? Praise God for the opportunity to be still in His presence and for the grace that allows you to fellowship with God.

[illegible]

Proverbs 1:5

Let a wise person listen and increase learning, and let a discerning person obtain guidance.

Day 18

December 14

Has your life ever changed in a split second or very suddenly? How was God with you in this season of life?

[illegible]

Zephaniah 3:17

The Lord your God is among you, a warrior who saves. He will rejoice over you with gladness. He will be quiet in his love. He will delight in you with singing.

Day 19

December 15

What is a “God moment” that made you smile lately? How have you felt God’s presence in your life recently?

[illegible]

James 1:17

Every good and perfect gift is from above, coming down from the Father of lights, who does not change like shifting shadows.

Day 20

December 16

Think about your five senses. Which are you most grateful for and why? Praise God for how He created the amazing human body.

[illegible]

Proverbs 20:12

The hearing ear and the seeing eye— the Lord made them both.

Day 21

December 17

Who is someone you are praying for to come to know the Lord? Write a prayer for this person and ask God to show you how to share the Good News of Jesus with confidence.

[illegible]

Matthew 5:44

But I tell you, love your enemies and pray for those who persecute you.

Day 22

December 18

What worship songs help you praise the Lord and remind you of God's faithfulness? Write a few of your favorite lyrics as a way of praising God for His amazing grace.

[illegible]

Psalm 89:1

I will sing about the Lord's faithful love forever; I will proclaim your faithfulness to all generations with my mouth.

Day 23

December 19

Which season is your favorite? Thank God for creating the seasons and for each new day that He brings.

[illegible]

Genesis 8:22

As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, and day and night will not cease.

Day 24

December 20

Reflect on how God sent Jesus to dwell on Earth with human sinners. Write about how Jesus' life, death, and ministry impact your life.

[illegible]

2 Corinthians 5:21

He made the one who did not know sin to be sin for us, so that in him we might become the righteousness of God.

Day 25

December 21

When is a time when God helped you live the Fruit of the Spirit in action (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control)? Reflect how the Lord helped you stand firm in faith in a time of struggle.

[illegible]

Psalm 1:2-3

Instead, his delight is in the Lord's instruction, and he meditates on it day and night. He is like a tree planted beside flowing streams that bears its fruit in its season, and its leaf does not wither. Whatever he does prospers.

Day 26

December 22

Describe a piece of positive news you recently heard.

[illegible]

Isaiah 52:7

How beautiful on the mountains are the feet of the herald, who proclaims peace, who brings news of good things, who proclaims salvation, who says to Zion, "Your God reigns!"

Day 27

December 23

Reflect on how God is helping you (or has helped) you overcome a bad habit or recurring sin in your life. How has God helped you in moments of weakness?

[illegible]

Isaiah 40:29

He gives strength to the faint and strengthens the powerless.

Day 28

December 24

List 3 blessings in your life that are invaluable or irreplaceable. Thank God for blessing you with these things.

[illegible]

1 Corinthians 2:9

But as it is written, what no eye has seen, no ear has heard, and no human heart has conceived— God has prepared these things for those who love him.

Day 29

December 25

**How has God helped you choose joy in a time of hardship?
Reflect on the experience.**

[illegible]

Habakkuk 3:17-18

Though the fig tree does not bud and there is no fruit on the vines, though the olive crop fails and the fields produce no food, though the flocks disappear from the pen and there are no herds in the stalls, yet I will celebrate in the Lord; I will rejoice in the God of my salvation!

Day 30

December 26

What are a few blessings you appreciate in the season of life you're in now? Reflect on what God is currently doing in your life and heart.

[illegible]

Psalm 103:2-4

My soul, bless the Lord, and do not forget all his benefits. He forgives all your iniquity; he heals all your diseases. He redeems your life from the Pit; he crowns you with faithful love and compassion.

Day 31

December 27

Has someone ever done something small for you that you were incredibly grateful for? Reflect on how God blessed you through a small act of kindness.

[illegible]

Philemon 1:7

For I have great joy and encouragement from your love, because the hearts of the saints have been refreshed through you, brother.

Day 32

December 28

This world is not your home and God is preparing a place in eternity for His children. Write a prayer of praise celebrating the promise of eternity with God!

[illegible]

Isaiah 25:8

When he has swallowed up death once and for all, the Lord God will wipe away the tears from every face and remove his people's disgrace from the whole earth, for the Lord has spoken.

Day 33

December 29

Express your gratitude to someone very close to you today (like your spouse, children, close friend). Reflect on how this person draws you to Jesus and spurs you on in your spiritual growth.

[illegible]

Proverbs 16:24

Pleasant words are a honeycomb: sweet to the taste and health to the body.

Day 34

December 30

Read Philippians 4:7 and reflect on a time God's peace surpassed your understanding.

[illegible]

John 16:33

I have told you these things so that in me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world.

Day 35

December 31

God has already overcome evil and the darkness of this world! Write a prayer of praise thanking God for His power and might.

[illegible]

Romans 8:37-39

We are more than conquerors through him who loved us. For I am persuaded that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor any other created thing will be able to separate us from the love of God that is in Christ Jesus our Lord.

