WHERE DO I FIND JOY?

30 DAYS OF DISCOVERING JOY IN EVERY SEASON

Joy is found in big events and in small, seemingly insignificant moments—in both mountain-top experiences and expressions we can easily overlook (such as a kind word or a helping hand).

Each day, choose one passage below. Read it several times and in different translations. Sit with God and ask Him what truths about joy He longs for you to learn.

Write those words in one of the blank flares on the other page, and add the date so that on difficult days, when the winds begin to blow and the waves rise, you can pause, take a deep breath, and remember God's faithfulness.

1. Psalm 16:11
2. Isaiah 61:10
3. Psalm 126:5-6
4. Zephaniah 3:17
5. Psalm 118:24
6. Jeremiah 15:16
7. Psalm 71:23
8. John 15:11
9. Romans 15:13
10. James 1:2-4
11. Galatians 5:22
12. Acts 2:28
13. Ecclesiastes 9:7
14. Psalm 116:9, 11
15. Proverbs 119:1-2
16. Psalm 126:5-6
17. Romans 12:12
18. Isaiah 55:12
19. Philemon 1:7
20. Philippians 4:4
21. 1 Thessalonians 5:16-18
22. 1 Peter 4:12-13
23. Psalm 70:4
24. John 16:24
25. Isaiah 35:10
26. Hebrews 12:1-3
27. Nehemiah 8:10
28. John 16:22
29. 2 Corinthians 6:4, 10
30. Isaiah 35:10

Heavenly Father, Open my eyes to the joy You have woven into each day—in unexpected blessings, quiet moments, and simple acts of love. When life feels heavy, remind me that joy is not the absence of sorrow but the gift of Your presence. Teach me to recognize Your goodness, rest in Your faithfulness, and carry Your