PASS THE PEAS! PASS THE CARROTS! PASS THE JOY!

The Lord has done great things for us, and we are filled with joy. (Psalm 126:3)

Let's discover joy together: gather, connect, share stories, laugh, make memories. *Pass the Joy!* The questions below don't ask us to ignore what hurts; they remind us that God's goodness shines in every season.

Choose one question. In your answer, you might share a story, listen to someone's response, laugh together, and discover what happens when you make room for joy!

16 QUESTIONS FOR A TABLE FULL OF JOY

1. What childhood memory still makes you smile?
2. What scent instantly transports you to another time or place?
3. Who or what always makes you laugh?
4. What sound can almost always make you smile?
5. If joy had a color, what would it be? Why?
6. What is one of the funniest things that ever happened to you on a vacation or a road trip?
7. Where do you go—or wish you could go—when your heart needs bit of joy?
8. What have you learned that has always stayed with you?
9. What family tradition brings you joy?
10. What are you surprisingly good at?
11. What simple pleasure do you hope you never outgrow?
12. If you could give someone a box filled with joy, what would you put in it?
13. What song makes you smile?
14. What have you done that required courage and for which you are now grateful you did?
15. What person, place, or experience you are especially grateful God placed in your story?
16. If you could tuck one joyful memory into your pocket and carry it wherever you go, which would you choose?

HERE COMES THE JOY!

Pass a small object around the table. Each person who receives it completes this sentence: *One thing bringing me joy right now is...*

SPOT THE JOY!

Give everyone 60 seconds to look around the room and notice three things that bring them joy, such as someone's laugh, a favorite food, a cozy sweater, or flowers on the table. Then share the joy!

A BOWL FULL OF JOY

Everyone writes down a joyful memory and drops it into a bowl. Read them aloud and try to guess whose memory is whose.

JOY IN THE HARD

Invite each person to think of a difficult season and complete the sentence: *Something that brought me joy in the middle of it was...* Be sensitive to those experiencing grief.

JOYFUL SHOW AND TELL

Ask everyone to find an object in their pocket, purse, phone, or in the room that reminds them of a happy memory. Show it and tell the story behind it. Photos count!

FORTUNATELY

One person begins with a difficult-but-silly predicament: *We planned a picnic, but it started to rain...* The next person adds, *Fortunately...* (e.g., Fortunately, we had umbrellas!) The next adds another complication, followed by another *Fortunately...* The story grows increasingly ridiculous and surprisingly funny.

JOYFUL ABCs

Work together to name something joyful for each letter of the alphabet: apples, babies, cookies, dancing...

MAKE SOMEONE SMILE

Everyone has 30 seconds to make the group smile without touching anyone. Tell a joke, make a face, dance, sing, imitate an animal—anything goes.

JOY ACCOMPLICES

Throughout the gathering, watch for those doing something kind, funny, thoughtful, or encouraging. Share what you "caught" them doing.

Joy hides in ordinary places—in a favorite song, a treasured family story, an unexpected kindness, shared laughter, or a deep connection. The stories we share remind us that our lives are filled with gifts worth noticing and goodness worth remembering. May these moments of joy prepare us to notice, nurture, and *pass the joy* wherever and whenever we gather.