

J-O-Y-F-U-L

By Mark and Helen Johnson

CHALLENGE

'**J-O-Y-F-U-L, it's a word anyone can spell...**' and illustrating it beautifully will bring its own joy! So...

1. Take six pieces of A4 paper (or bigger if you have it) and write each of the letters of 'JOYFUL' on them, as large as you can. One letter per page.
2. Choose a method of printing/illustrating each letter, e.g. potato printing, finger/thumb printing, 'prop' printing (choose an everyday object to print with, such as the end of a toilet roll, an old toothbrush, a sponge etc.).
3. Cut the letters out and display them somewhere in your house as a family reminder to be joyful.



**“A JOYFUL HEART
IS GOOD MEDICINE.”**
The Bible [Proverbs 17v22]

TALK ABOUT

Together, **discuss as many words as you can to describe different types of laughter**, e.g. giggle, cackle, snort, roar, titter, howl. Have fun demonstrating all the different types!

SHARE IT

Dancing and jumping around is not only one of the best ways to feel joyful, but also of sharing the joy. So, make it a family fun thing: everyone writes the word 'joyful' on two or three small pieces of paper each. Then, hide your pieces somewhere around the house. Whenever somebody finds a little joyful reminder, they shout 'JOYFUL!' and everyone in the house has to stop what they're doing and do a silly dance together to your favourite family dance song – or use today's song!

DID YOU KNOW?

The Bible says that God is the most joyful being in the universe – and He burst into songs of joy about YOU! [Zephaniah 3v17].

Song taken from
Sing A Joyful Assembly
By various writers

