

# Make Waves: What you do today can change the world around you.

## DAY 1

### Read James 1:2

What does “trouble” look like in your world?

Trouble might be . . .

- a bad grade
- a mean kid on your soccer team
- a problem you can’t seem to fix on your own

You don’t get to choose the trouble but you can choose how you respond.

You could . . .

1. Fight it! Get mad. Say something unkind.
2. Give up. Decide everything is terrible and nothing will ever get better.
3. Welcome the trouble.

Wait, what? Did you say, “Welcome the trouble?” Yep. As followers of Jesus, we can look at trouble as an opportunity. When we face something hard, something we aren’t sure how to handle, we can stop and be thankful for the challenge. We can think about trouble with joy instead of fear or frustration when we remember that facing hard stuff helps us learn and grow.

This week, when you face something tough, ask God to help you say, “Hello, trouble!” Then talk to Him about helping you to face it head on. Pay attention and look for the lesson to be learned.

## DAY 2

### Read Habakkuk 3:17-18

Today’s verse is like a biblical version of “Alexander and the Terrible, Horrible, No Good, Very Bad Day.” Maybe you’ve read that book or seen the movie. We’ve all had our fair share of bad days, days where nothing seemed to go our way.

Maybe your alarm didn’t go off so you missed the bus.

You got a new seat assignment in class and you really liked your old seat.

You have a math pop quiz and it was really hard.

On a day like that, would you choose joy? While it might not seem like the obvious choice, it is possible. We can have joy and we can spread joy to others when we remember that God loves us so much that He sent Jesus. And no series of unfortunate events could ever change that. Because of what God has done, you can choose joy no matter what is going on.

DAY 3

## Read Proverbs 17:22

### Healthy Habit Jumble

Oh no! The spaces were left out. Draw a line between the words below to discover what a healthy body needs:

REST EXERCISE WATER SUNSHINE OXYGEN  
JOY FRUIT AND VEGETABLES

---

Getting plenty of rest and exercise, drinking plenty of water, eating healthy foods and making sure you get outside for some sunshine are all ways to keep your body in tip top shape. But there is something else you can do to stay healthy! A cheerful heart is like good medicine. In other words, joy can make you feel better!

Don't believe me? Try spreading some joy today.

How could you help someone else in your family?  
How could you encourage a friend who is down?

Pray and ask God to help you follow through on spreading joy around like good medicine this week!

DAY 4

## Read Philippians 4:4

Do you have a lost and found at your school? Do you know what items never end up in Lost and Found? Ones that are labeled with the owner's name. If your coat has your name on it and you accidentally leave it on the playground, it won't end up in Lost and Found. It will be handed back to you because it's labeled as yours.

Joy is kind of like that labeled coat. We often look at what's going on around us and let our circumstances determine how we feel. But joy is bigger than happiness. Because being *happy* depends on what is *happening* around you. Joy is a deep-down understanding that no matter what, God is on your side. You can have joy because you belong to God.

---

### LOST and FOUND

1. Grab an index card and write: "I belong to God" in big block letters.
2. Hang that card in your closet where you will see it each day when you get dressed.
3. Every time you read those words, stop and thank God for His great big love for you and ask Him to help you remember that you can have joy because you belong to Him.

Choose joy no matter  
what's going on.

