



INTENTIONAL CONVERSATIONS FOR *Joyful Families*

Conversations about faith are important! Discuss how your family can experience the joy of God together. Don't worry about getting it all correct; just have fun talking and thinking together!

LISTEN

You changed my mourning into dancing. You took off my funeral clothes and dressed me up in joy so that my whole being might sing praises to you and never stop. Psalm 30:11-12a (CEB)

DISCUSS

Joy is transformative! Joy comes from God as a loving gift that turns our sadness into dancing and singing. When we move our bodies and when we sing with boldness, we're sharing that joy out loud. Even when times are hard, joy still has a song to sing!

- When was the last time you danced? How did it make you feel? (Today; Been a while; I can't even remember the last time-It was fun!; I felt a little awkward about it; I couldn't stop laughing!)
- How can music help bring you joy? (I love feeling the rhythm; Music lifts my spirits; There's nothing better than singing along)
- How can we share our joy with others? (Invite someone to dance; Introduce someone to our favorite songs; Tell them why joy is important)

DO

Create a playlist at the beginning of the week with each family member contributing at least one song that brings joy, then look for times throughout the week when your family is together to listen and dance. For your family, maybe it's in the car on the way to school, on the way to a practice or game, at home after dinner, in the morning while you eat breakfast, or other opportunities that arise in your schedules.

Consider adding to or changing the playlist every few days. Reflect together on why each new song brings joy. You can ask questions like: Why did you choose this song? What do you like about it? How does this song bring you joy when you're having a bad day?

PRAY

God, we love feeling joyful. We love the freedom, the smiles, and the laughter that come from singing and dancing. Thank you for the gift of joy, especially when times are hard. Help us to share our joy with others. Amen.



Seven days of devotions
about joy at d365.org.
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