**Sunday 13th September – Joy**

Spend some time with your family talking about these questions.

Today we are looking at joy, what do you think joy means?

Often a walk in a natural place like a field, wood or a beach reminds me of the joy God gives me. What reminds you of the joy God gives you?

Why do you think the psalm writer is filled with joy in God’s presence?

**Challenge**

Draw or write about the thing or place that reminds you of the joy God gives you.

Put that piece of paper somewhere you will see it often, maybe the fridge or a wardrobe door. Hopefully it will remind you of that happy thing when you are feeling sad or annoyed or just a bit flat.