

It's such a small word and yet means so much. We spread joy, we can be joyous and we receive joy. Sometimes joy is evasive. We are not joy-filled all the time. In periods of discontentment or unhappiness, seek the joy in your life. Spend a few minutes reflecting on those positives in your life—no matter how small. A clean towel? Food on your plate? Know that at this exact minute you are exactly where God wants you to be—and if it is a good spot, great. If it isn't, have faith that God will help you through. Gratitude and mindfulness are important strategies to finding joy.

SPREAD JOY

It can be as easy as a smile, giving someone a compliment or holding open a door.

RECEIVE JOY

Recognize when it comes your way. If someone is sharing a joy, celebrate with them and take a little with you—and then spread it to someone else.

BE ON THE LOOKOUT FOR JOY

In this world of uncertainty, negativity can be easy to come by. Being aware can make all the difference.



“... the joy of the LORD is your strength.”

— NEHEMIAH 8:10 ESV

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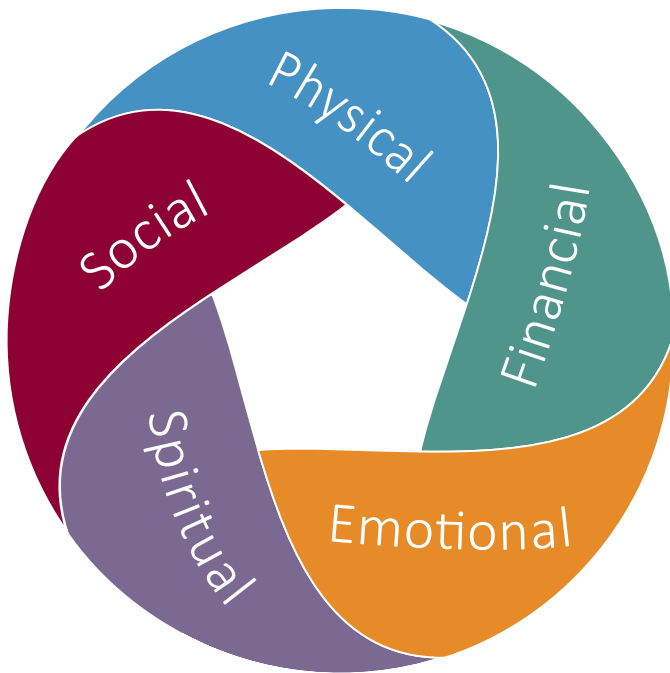
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DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



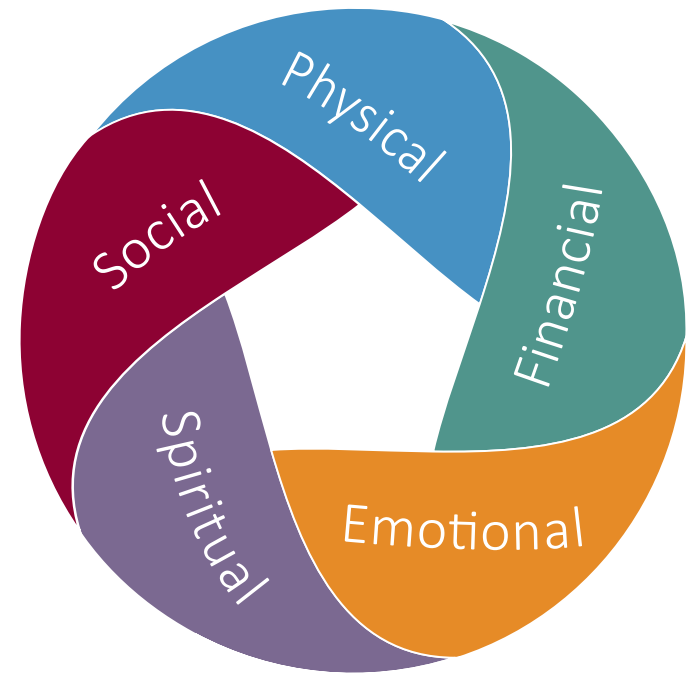
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