

JOY

JANUARY

How to use the BUMCSM Calendar:

Each day has a 5-7 minute activity based on our month's theme. January's theme is the spiritual fruit of Joy. You can find this and February's digitally at bumc.net/live

This month we will be focusing on the searching, finding, and spreading of Joy in the new year. We'll be using Galatians chapter 5 as a jumping-off point for this month's lessons.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 CELEBRATE THE START OF A NEW YEAR WITH FRIENDS AND FAMILY	2 NAME 5 THINGS THAT BRING YOU JOY AND WHY
3 WATCH WORSHIP ONLINE WITH YOUR FAMILY	4 READ GALATIANS 5:22-23	5 WRITE DOWN THE DIFFERENCES BETWEEN JOY AND HAPPINESS	6 BRING JOY TO SOMEONES DAY - AN ACT OF KINDNESS	7 READ JOHN 1:1-18	8 MAKE AN ACRONYM FOR THE WORD JOY	9 DO SOMETHING THAT MAKES YOU JOYFUL-DANCE, COLOR, HANG WITH FRIENDS, EXERCISE
10 JOINS US FOR LIVESTREAM BUMC WORSHIP	11 WATCH A MOVIE THAT MAKES YOU SMILE AND FEEL INSPIRED	12 READ JOHN 16:16-24	13 LISTEN TO LIGHT TO THE WOLRD BY WE THE KINGDOM	14 CELEBRATE A FRIEND TODAY & ENCOURAGE THEM	15 SPEND TIME WITH SOMEONE WHO NEEDS JOY	16 SPEND TIME WITH SOMEONE WHO NEEDS JOY
17 JOIN US FOR LIVESTREAM BUMC WORSHIP	18 READ A BOOK/ARTICLE/BLOG THAT BRINGS YOU JOY	19 DRINK AT LEAST 8 CUPS OF WATER TODAY - MORE IF YOU EXERCISE	20 READ NEHEMIAH 8:1-12	21 PLACE SOMETHING BLUE ON YOUR DESK - COLOR THERAPY!	22 PRACTICE FORGIVENESS - START WITH THE FIRST THING THAT COMES TO MIND	23 GRAB BLANKETS & WATCH THE SUNRISE WITH SOMEONE
24/31 JOIN US FOR LIVESTREAM BUMC WORSHIP	25 WHENEVER YOU SAY "I CAN'T" PLACE "YET" AT THE END OF THE SENTENCE	26 OPEN YOUR DRAWERS AND CLEAN OUT THE CLUTTER	27 LOOK UP 10 JOKES AND SEND THEM TO 10 DIFFERENT PEOPLE	28 LIST 15 THINGS YOU DID TODAY THAT BROUGHT YOU JOY	29 READ PSALM 1	30 GIVE UP ALL SCREENS FOR 5 HOURS (NOT SLEEPING)

JOY - JANUARY

USE THESE DEVOTIONS TO HELP DIVE DEEPER INTO THE FRUITS OF THE SPIRIT. THESE SHOULD TAKE YOU ABOUT 10 MINUTES IN LOOKING UP THE PASSAGES, READING THROUGH THEM, AND THE DEVOTION AND THEN FOCUSING ON LIVING WITH A JOYFILLED SPIRIT

WHAT IS JOY?

TRY THIS ON
JANUARY 10TH

SCRIPTURE : John 15 1-17

What does Joy mean for us as Christians anyways? Why is it a fruit of the Spirit and what do we do with it?

Joy in Greek is "chara." This noun describes a feeling of innergladness, delight, or rejoicing. It is a depth of assurance and confidence that ignites a cheerful heart – and in turn, leads to cheerful behavior. In scripture God calls the people to rejoice, because ultimately God wants us to live a joy filled life.

To have the Holy Spirit within us is to be “filled with an inexpressible and glorious joy” (1 Peter 1:8). The Scriptures are a testament to the generations of God’s people who have been commanded by the Lord to “rejoice.” We can learn from them in hopes to also live joy filled lives here and now. Joyful even when we are at school or doing something we may not love, we can have the spirit of Joy within us.

TRY THIS: Read John 15:11

What is something you are joyful about? Write down 5 things you feel joyful about. Do you feel that Christ's joy is within you? If not- talk with someone as to how that can maybe change.

CHOOSING JOY

TRY THIS ON
JANUARY 24TH

SCRIPTURE: John 17

When we accept Jesus into our hearts, we are also accepting the Spirit will start producing fruit because of who created us and who we now consciously follow. This does not mean that you are never sad, never hurt, or never going to experience grief. This does mean that the fruit of your spirit can be joy. It can also be any of the other fruits listed in Galatians. We choose joy in some situations because we are called to share this fruit. We choose patience in some situations because that is what we are called to share. So how do you know what fruit to produce? With practice and honest communication with God, there are no limits to the amount of spiritual fruit that you can feed the [spiritually] hungry.

TRY THIS: Read John 17. Focus on verse 13. What does Jesus say about us in this chapter (because we are mentioned- look at 1 Peter 1:8 if you need more evidence) Jesus' joy has a divine purpose - to reveal him through us. Make a list for the upcoming week. Every day consciously place times where you can experience (dare we say, eat the fruit of) joy with others. Need examples? Think of a person you have shared joy with before.

JOY IN ADVERSITY

TRY THIS ON
JANUARY 17TH

SCRIPTURE : 1 Thessalonians 5:16-18

Jesus had his fair share of adversity, yet still maintained an attitude or spirit of joy. Jesus' enemies were not sure what to make of him when he ate with the lowly, the sick, the beggars, or the widows, but Jesus continued his ministry with celebration. He didn't let the negative comments and hate from others stop his ministry.

Paul is a beautiful example of someone who faced adversity, but was filled with the spirit of joy. In his letters to various churches, he reminds them to “rejoice always, pray continually, give thanks in all circumstances; for this is God’s will in Christ Jesus.” Many of these letters were written from the darkness of a jail cell. However, his letters also serve to remind us that adversity doesn't hinder our faith, it can actually enhance our joy. It reminds us of God's promises and love for us no matter what.

TRY THIS: Think of someone who is facing something hard or struggling. Sometimes the best way to have joy is to spread it to those in dark places. How can you encourage and love on them? A note, a cookie, movie night, or a simple text? Spread Joy to those facing adversity.

UNLIMITED SOURCE

TRY THIS ON
JANUARY 31ST

SCRIPTURE: NEHEMIAH 8:1-12

A reminder in this time is that just because you are sad, does not mean that your relationship with God is lacking. This month we have learned so much about joy, but in the end, it is not alone as a fruit of the spirit. We have joy as the natural response to God's grace in our lives. Since God's grace is neverending, neither should be our joy. This is a standard to aspire to. When we say we are Christian we are saying we have the strength neverending (read Nehemiah 8:10). Lasting joy does not reside in God's blessings, God's people, or in creation but in Godself. In seeking and communicating with God we sometimes put barriers such as: "When I'm older" "After school" "When I'm finished with _____" - but when we put obstacles in our own way, we are limiting our ability to . Our neverending strength comes from God and so does a clear path to a

TRY THIS: Make a list of where you normally look for joy. Name at least 10 activities, people, or things. Now make a list of places that need joy (at least 10!) When we know our joy comes from God, write in a different color how you can bring joy to the places you listed.