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Special Guest

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## JOY AND DIFFICULT TIMES

*James 1:12*

*Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.*

*1 Thessalonians 5:16-18*

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

*Colossians 3:17*

*And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.*

*Ecclesiastes 7:14*

*In the day of prosperity be joyful, and in the day of adversity consider: God has made the one as well as the other, so that man may not find out anything that will be after him.*

### Arnold's Tips for JOY during Difficult Times

**Prayer.** Staying in prayer keeps you connected to God. Trusting in Him makes all the difference.

**God's Word.** Reading Scripture can make a lot of difference, especially the book of Psalm and Proverbs. God can encourage you through His Word.

**Laughter.** It's OK to laugh—even when times are tough.

**Fun.** It's good to have fun even if there is a struggle going on.

**Supportive Circle.** Make sure you have a supportive circle. They will help you get through the difficult time.

**Thankfulness and gratitude.** Make sure you have a thankful heart and show gratitude.

### Reflection:

Who are the people in your support circle? What are the ways they've helped you during difficult times? Are you in their support circle? What are the ways you have been able to support others during difficult times?

What does having a thankful heart look like to you?

What are the ways you show gratitude even in difficult times?

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