



Pam Farrel

Infectious Joy!

Infectious Joy

Sometimes, in our lives, or in world history, the circumstances are so stressful or uncommonly difficult that normal happiness feels hard to come by. In these trying times, we must pro-actively cultivate our joy. It is a CHOICE to REJOICE!

Rejoice in the Lord always: and again I say, Rejoice (Phil 4:4)

At my birthday, Joy Jubilee, which was also the book release party for [*Discovering Joy in Philippians: A Creative Bible Study Experience*](#), I shared the meaning of the key words of this verse:

Rejoice: (verb) be glad, joyful,

Always: at ALL times (not joyful about trials, but joyful IN the trials)

Again: once more, just a little further

Say: tell, call, lay to rest (You have made up your mind ahead of time, "I choose joy!")

In the LORD: This is committing EVERYTHING to our Master Creator who exercises absolute ownership rights, in other words, giving over whatever circumstance that is robbing our joy, to our Abba Father in Heaven who is the ONLY ONE who has the power to really move on our behalf.

In my own life, in my forties, there was an avalanche of bad news, difficult circumstances, and a host of trials and tribulations that hit our life—all at once.

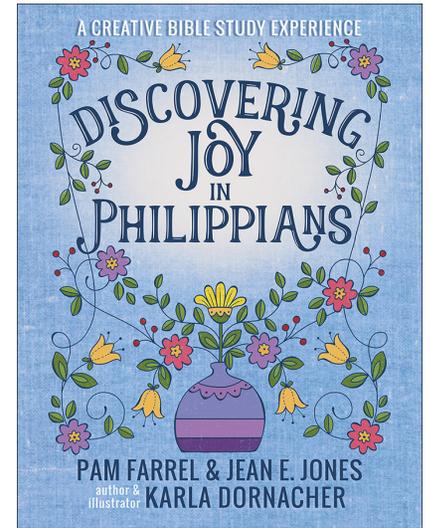
You can [read a condensed story](#) of how God taught me to say (and live out), the "Choosing Joy!" motto that I have become known for. (For the longer, more complete story and all the tools, truths and tips God layered into my life, pick up a copy of [10 Secrets of Living Strong, Smart and Savvy](#) or [7 Simple Skills for Every Woman: Success In Keeping It All Together](#). More blogs on JOY are at the end of this e-book).

This 30 Day *Infectious Joy* downloadable is a daily guide to help YOU cultivate joy, receive JOY from GOD- despite your circumstances! It is our hope and prayer, that it also helps you become a person who scatters joy and becomes a life-giver of happiness, joy, peace, calm, and positivity to those around you.

In the past few years, I have been CAMPED out in God's field of JOY. I am a co-author of [Discovering Joy in Philippians: A Creative Bible Study Experience](#) (co-authored with artist Karla Dornacher, and Bible teacher, Jean E Jones.) If you are sequestered due to the Covid 19 virus, this is a great time to do a DEEP DIVE bible study on JOY! In addition, because art helps lower your stress. (Your brain will choose to focus on the coloring or creating rather than focusing on your problems- this lowers stress,

and that in turn, helps boost your immunity and boosts better health both mentally and physically!)

I also enjoy Bible Art (*Illustrated Faith*, Bible Journaling, etc.) It helps me memorize and meditate on God's truths. For what I call a Sabbath Selah (or a pause to ponder God's goodness), I will often turn on Christian music, which also soothes the soul, then spend a few hours studying, then creating faith based art, or will create and draw right in my Art Bible. Because art can also help us calm our hearts and minds so God can speak joy, peace, serenity and hope into us, I designed a [JOY JOURNAL](#), where I include quotes on joy, verses on joy and plenty of space to journal, draw and collect joy-filled resources, quotes, and truths.



This *Infectious Joy* download, includes 30 days of joy verses, simple art to accompany it, and a space to write or draw to capture and cultivate joy. This *Infectious Joy* e-book was originally designed to help all who read it, process the powerful truths from God's heart to our own in this Covid_19 sequestering, a season when we all desperately need to protect our positivity, and learn to receive and give God's JOY that OVERCOMES circumstances. *Infectious Joy* is also made so you can print it out, then take it to a quiet spot in the fresh air and LEAVE your tech devices behind. Everything you need to enjoy God's presence and enjoy God's Word on the topic of JOY is right here. (I am recommending going old school pencil/ pen and paper—maybe some colors are all you need!)

Sketch Out Joy

Many artists first sketch in pencil to prepare well for a fully creative experience. Let's do a JOY MOMENT together, so you can see how easy it is grab a life-giving truth from God's Word, the Bible. Let's jump into the JOY God has awaiting you! Let's peek at John 16:33 in a few translations:

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (NIV)

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." (NKJV)

I've told you this so that my peace will be with you. In the world you'll have trouble. But cheer up! I have overcome the world." (GWT)

Now, let's gather up some truths then apply them to your life, so you can see how to process the 30 JOY verses over the next few days. In my bible study, *Discovering Hope in the Psalms*, I share my inductive Bible study method, but I have simplified it here so you can process these JOY-filled verses by simply using 3 tools:

Observation, Investigation and Application.

Observation: Picture yourself as a detective and you are recording "just the facts":

Who: Jesus told disciples (and because it is written in the Bible, Jesus is telling you and me these truths, (God is the same yesterday, today and forever- His character is consistent)

What: (1) We will have trials (trouble, tribulation, affliction, suffering) (2) Jesus has overcome, won victory, defeated world's hassles and bondages. (3) Because Jesus gained the victory, that win can be applied to us.

When: If you read the verse in context (read verses before and after), you will observe Jesus is preparing his disciples for the road ahead to the cross, where he will gain the full victory over sin and conquer death through his death, burial and RESURRECTION.

Where: Jesus is in Jerusalem, where all the action will happen that leads to the cross.

Why: Because Jesus OVERCAME and WON our victory (through the cross), we have salvation, grace, and mercy—he covers and forgives our imperfections and sins—so we can have JOY—no matter what life sends!

Interpretation: Try to answer this question: What does this passage mean, in general? As you read, do you have questions you want to find answers for? To capture the heart of a passage, consider the history (what was going on when it was written)? What kind of writing is it? (a narrative? a parable? A poem?) The best commentary on the bible is the bible, so reading in context is extremely helpful, as often God's Word points to other places in the Word that can help answer your questions

Application: How does this apply to YOU, right now, TODAY? How does it apply to your emotions? Your attitudes? Your actions? Your future? The sooner you can apply the truth of God's Word to your life, the sooner you can own it!

Personalization: Draw, doodle, or write to capture what you have learned about joy.

Your Turn for JOY!

Now you try day one verse for you:

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." (NKJV)

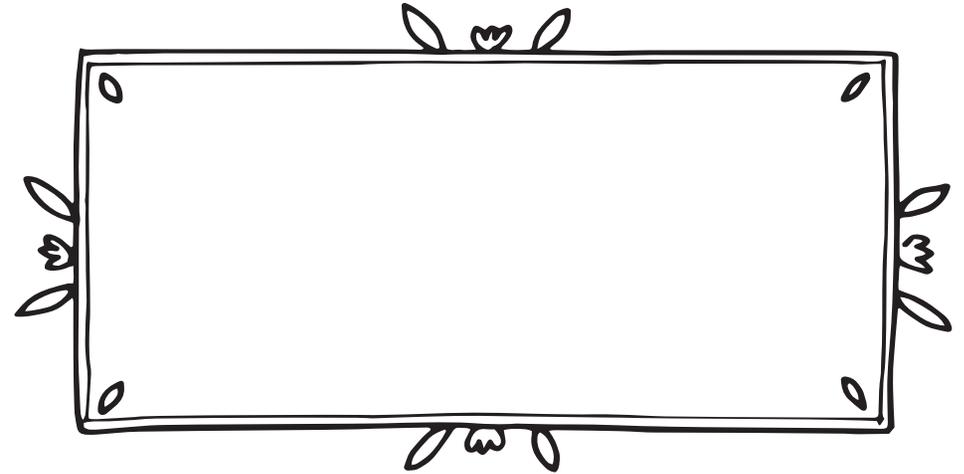
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, (1 Peter 1:8)

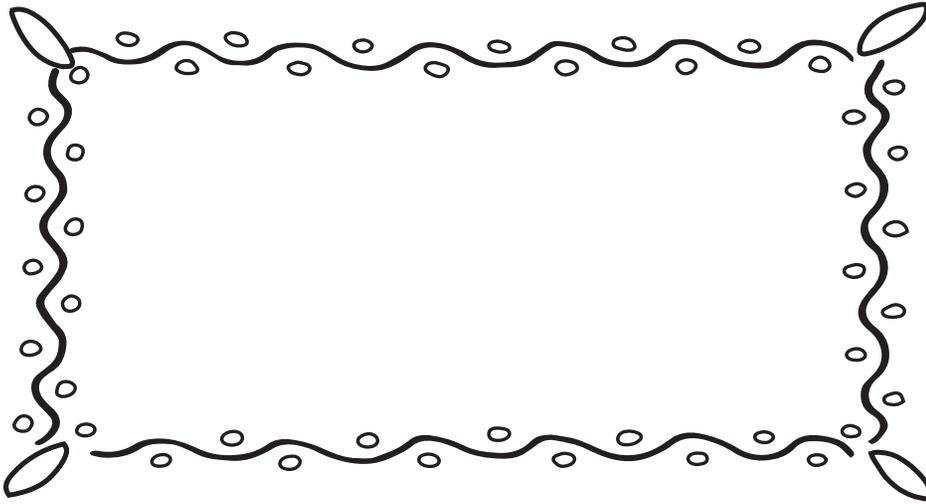
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)

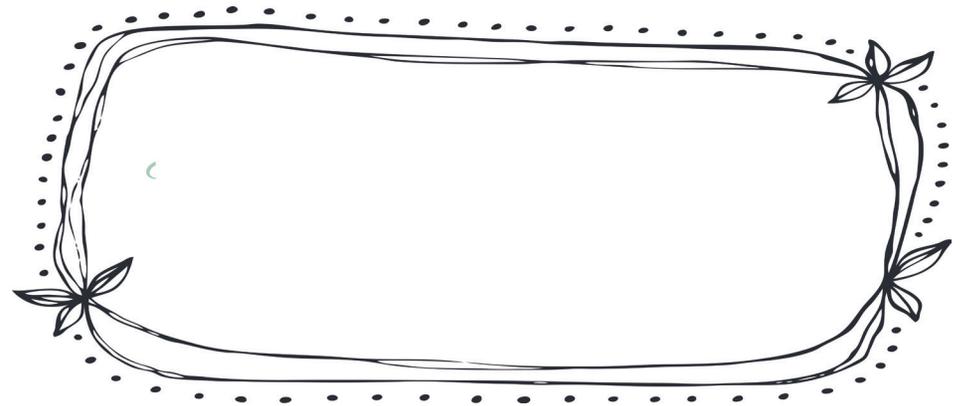
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



...the joy of the LORD is your strength. (Neh 8:10)

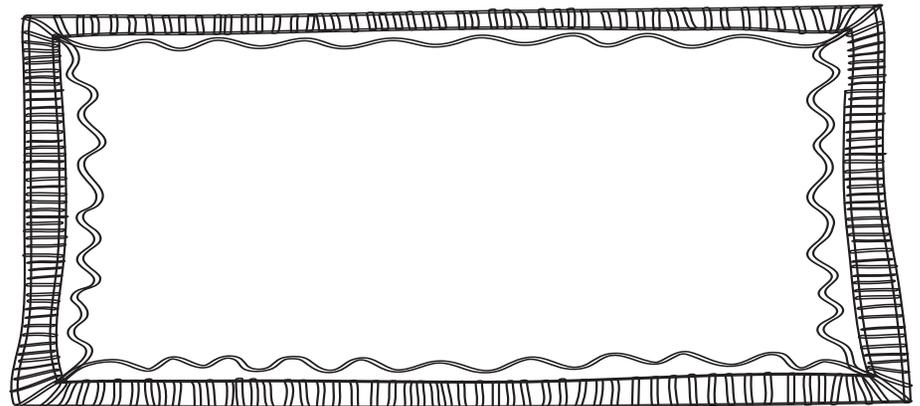
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



When anxiety was great within me, your consolation brought me joy. (Psalm 94:19)

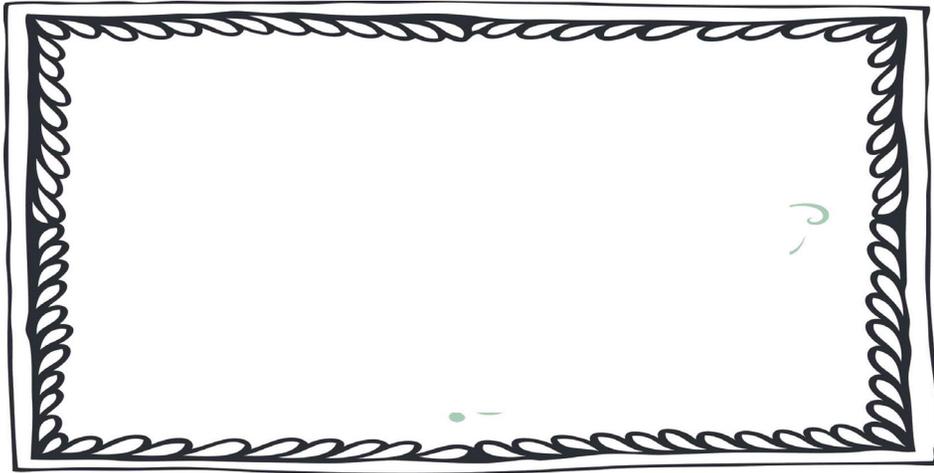
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



Rejoice in the Lord always. I will say it again: Rejoice! (Phil 4:4)

Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?
How can I scatter or share joy to others?

Personalization: Color the passage:



Artwok by Lara Beeston at www.sweethoneycomb.com. Please check out her website for more!

Be joyful in hope, patient in affliction, faithful in prayer. (Romans 12:12)

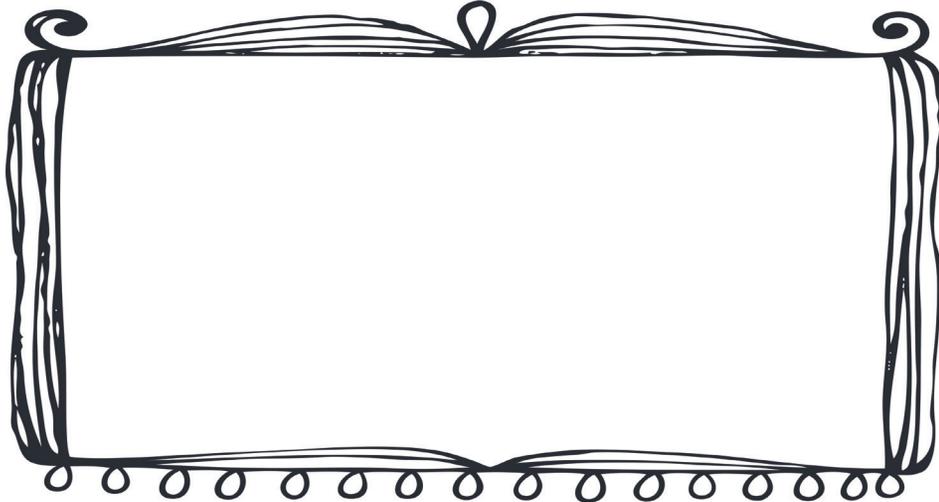
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. (Psalm 16:11)

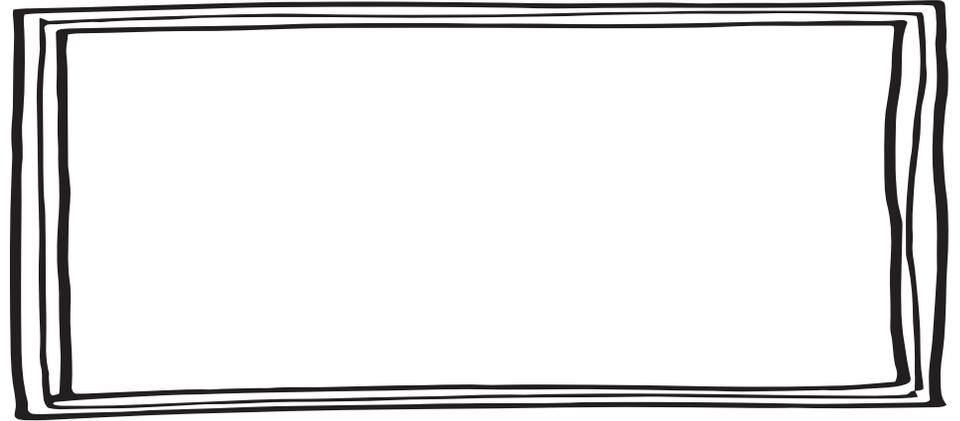
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



Your statutes are my heritage forever; they are the joy of my heart. (Psalm 119:111)

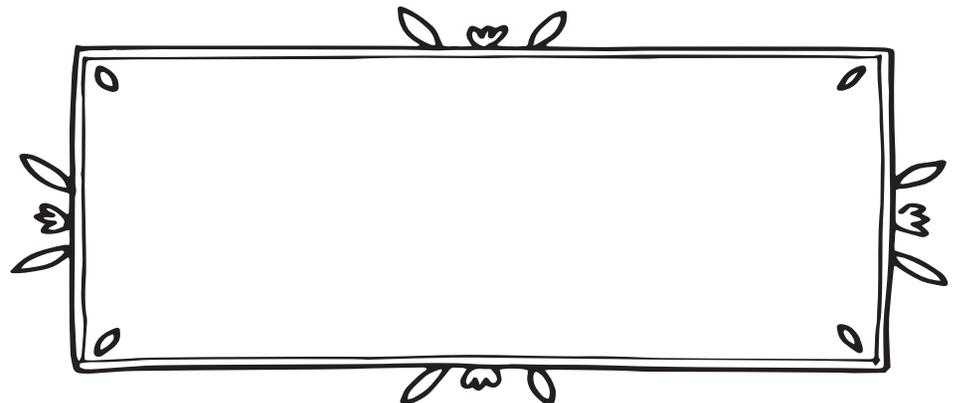
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



*Though the fig tree does not bud and there are no grapes on the vines,
though the olive crop fails and the fields produce no food,
though there are no sheep in the pen and no cattle in the stalls,
yet I will rejoice in the Lord, I will be joyful in God my Savior. (Habakkuk 3:17-18)*

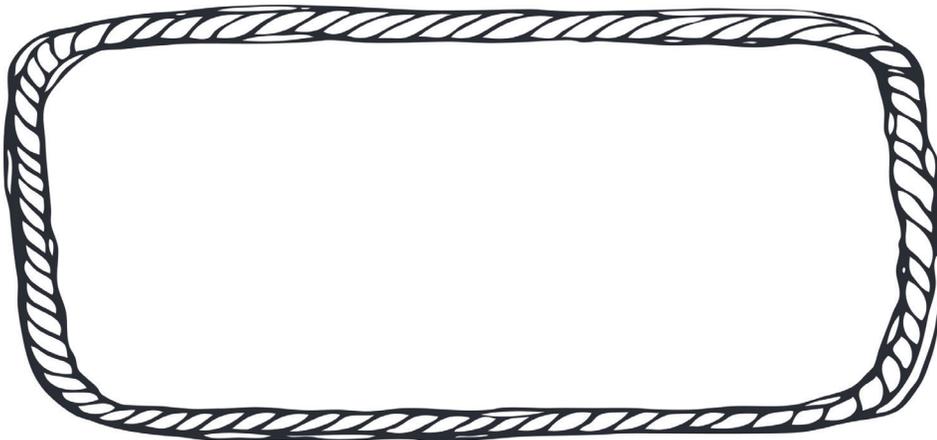
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



"If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full. 'This is my commandment, that you love one another as I have loved you.'" (John 15:10-12)

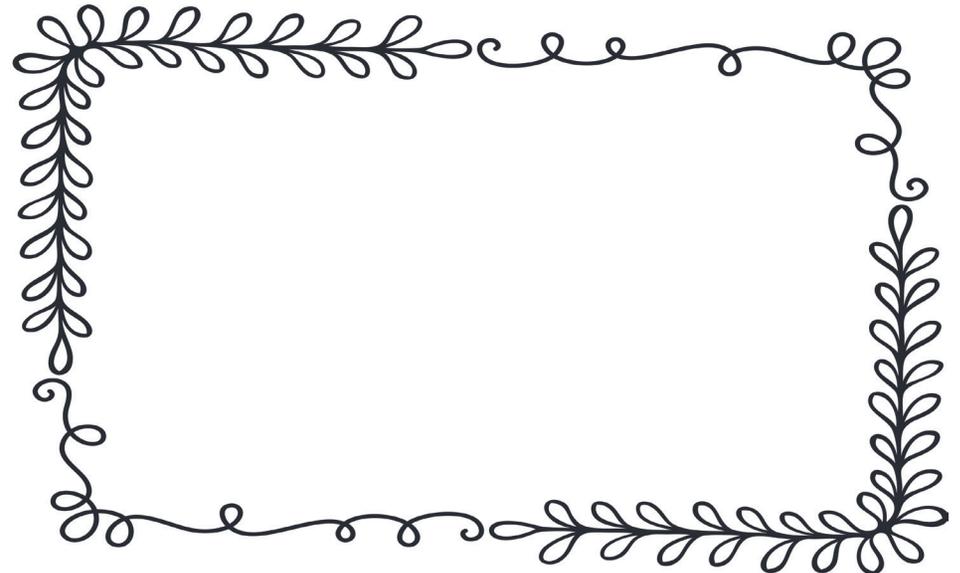
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



*"...the Lord made the heavens. Splendor and majesty are before him; strength and joy are in his place."
(1 Chronicles 16:27)*

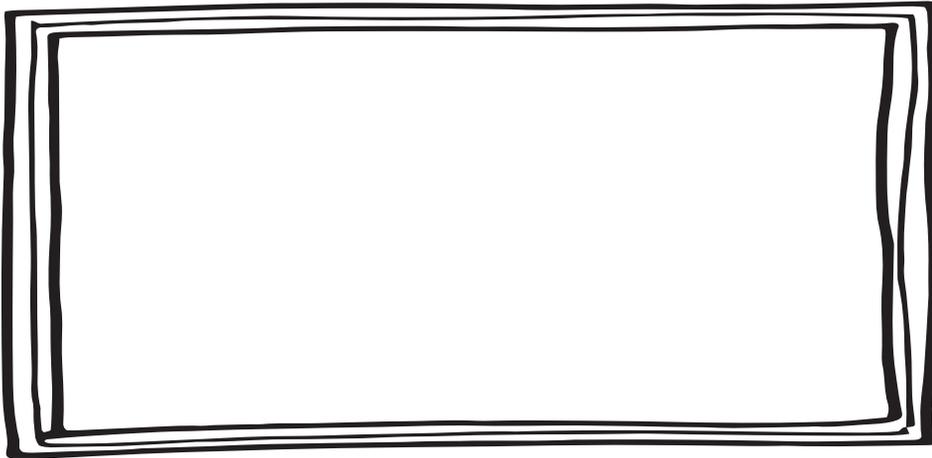
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



"I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance." (Luke 15:7)

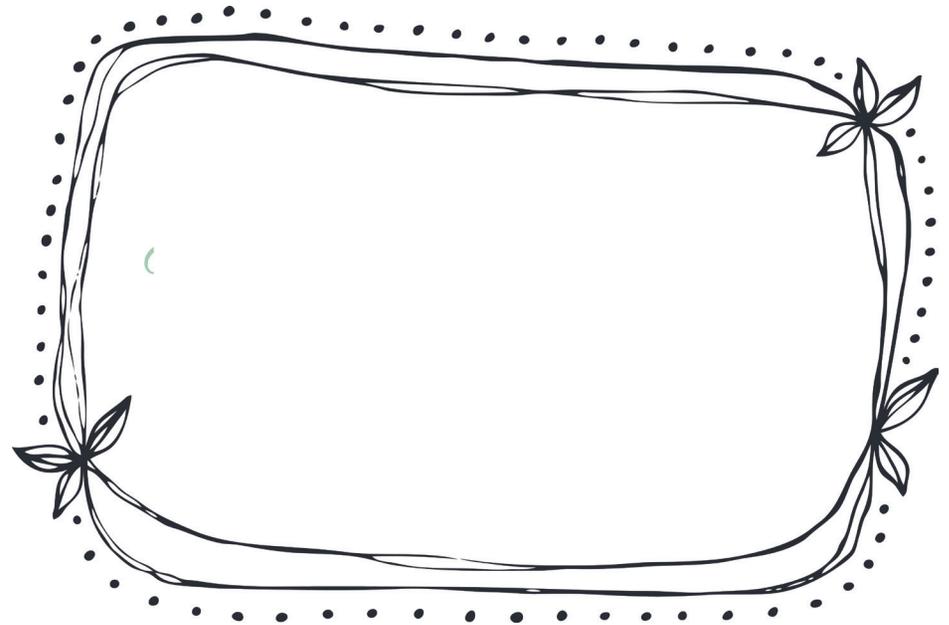
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



"Let the sea roar, and all that fills it; let the field exult, and everything in it! Then shall the trees of the forest sing for joy before the Lord, for he comes to judge the earth. Oh give thanks to the Lord, for he is good; for his steadfast love endures forever!" (1 Chronicles 16:32-34)

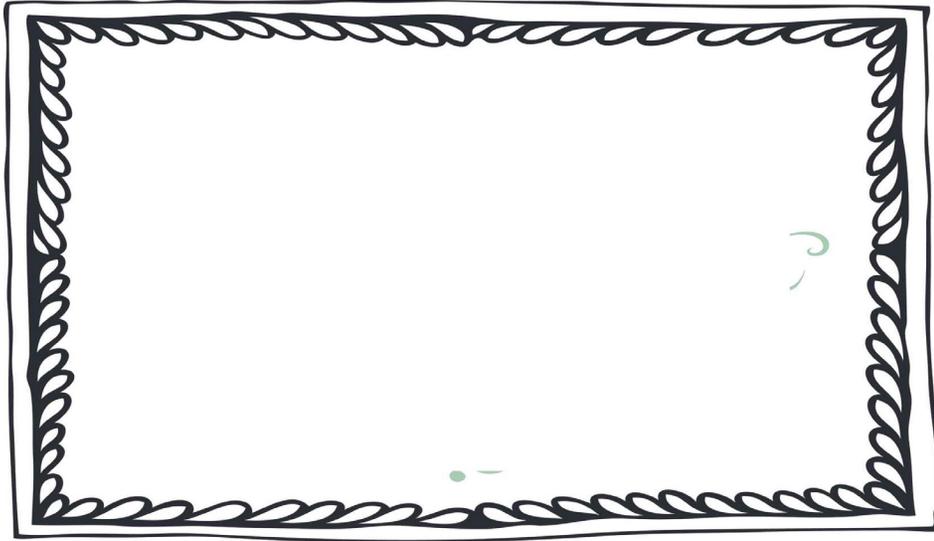
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



"And behold, the star that they had seen when it rose went before them until it came to rest over the place where the child was. When they saw the star, they rejoiced exceedingly with great joy." (Matthew 2:9-10)

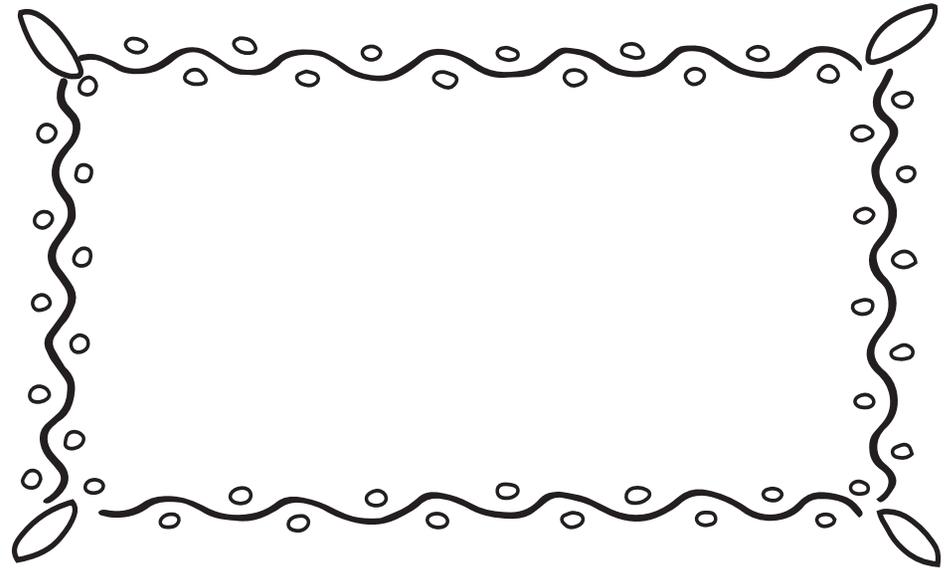
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



"May he grant you your heart's desire and fulfill all your plans! May we shout for joy over your salvation, and in the name of our God set up our banners! May the Lord fulfill all your petitions!" (Psalm 20:4-5)

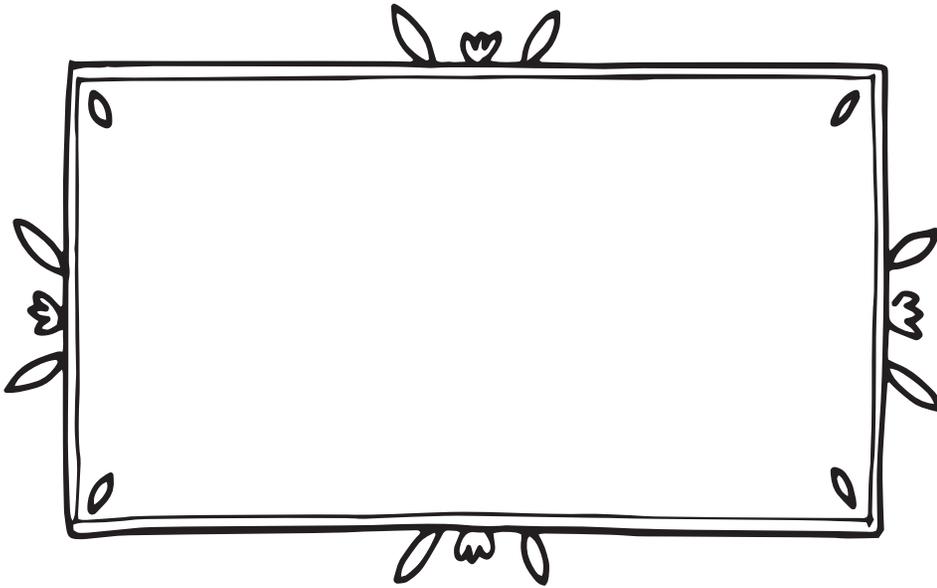
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



"And the angel said to them, 'Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.'" (Luke 2:10-11)

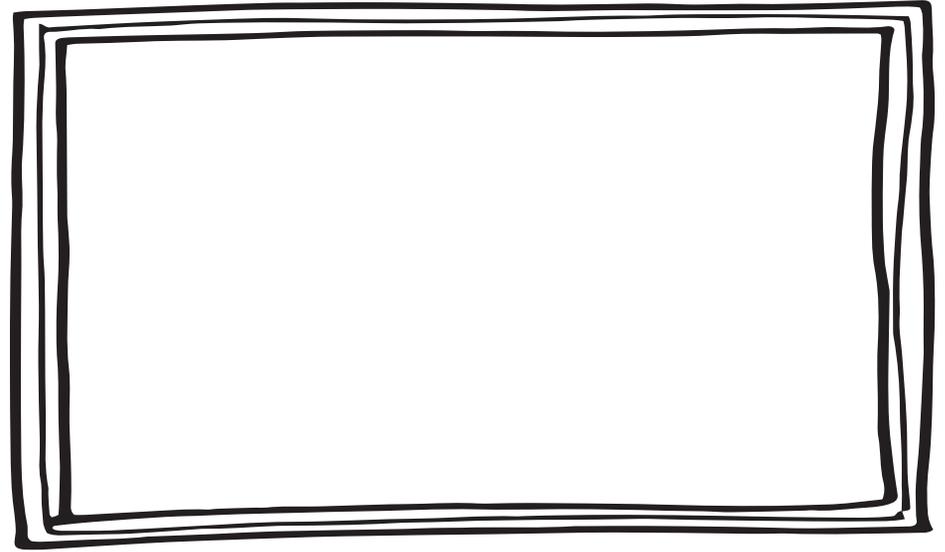
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



"Sing praises to the Lord, O you his saints, and give thanks to his holy name. For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning." (Psalm 30:4-5)

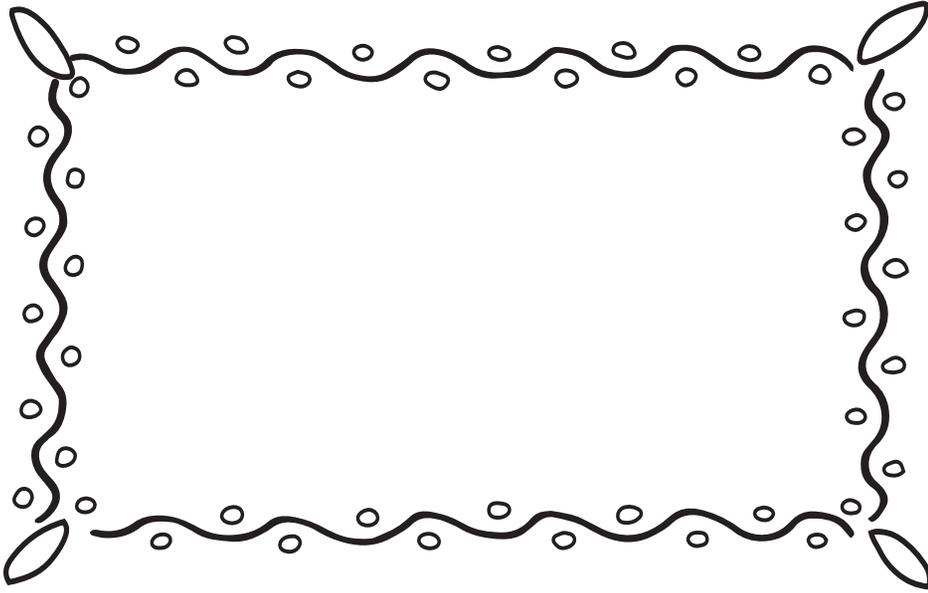
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



"For you have been my help, and in the shadow of your wings I will sing for joy. My soul clings to you; your right hand upholds me." (Psalm 63:6-7)

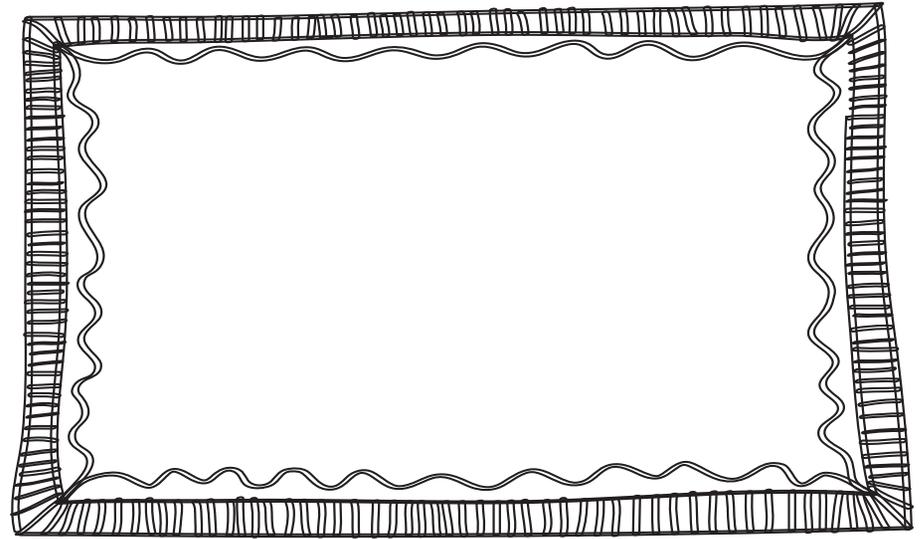
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law." (Galatians 5:22-23)

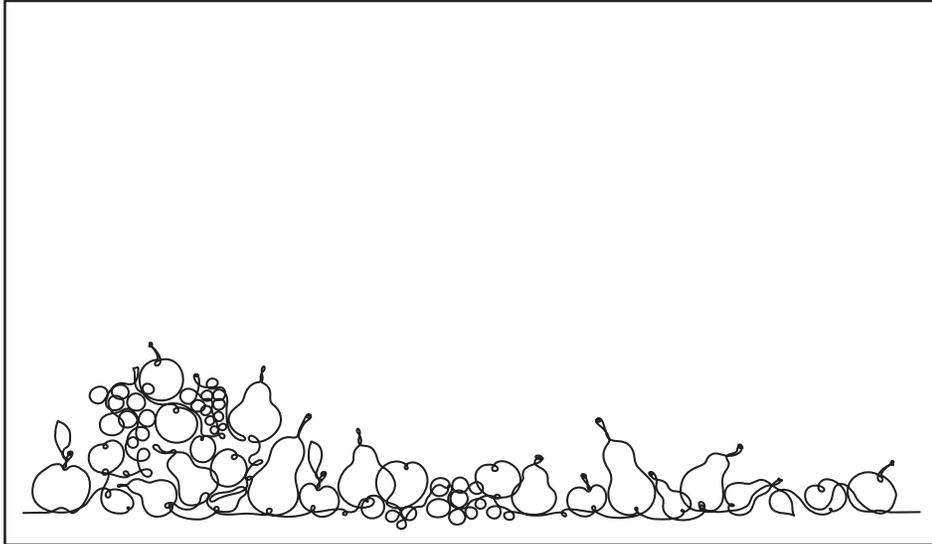
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



"Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!" (Psalm 95:1-2)

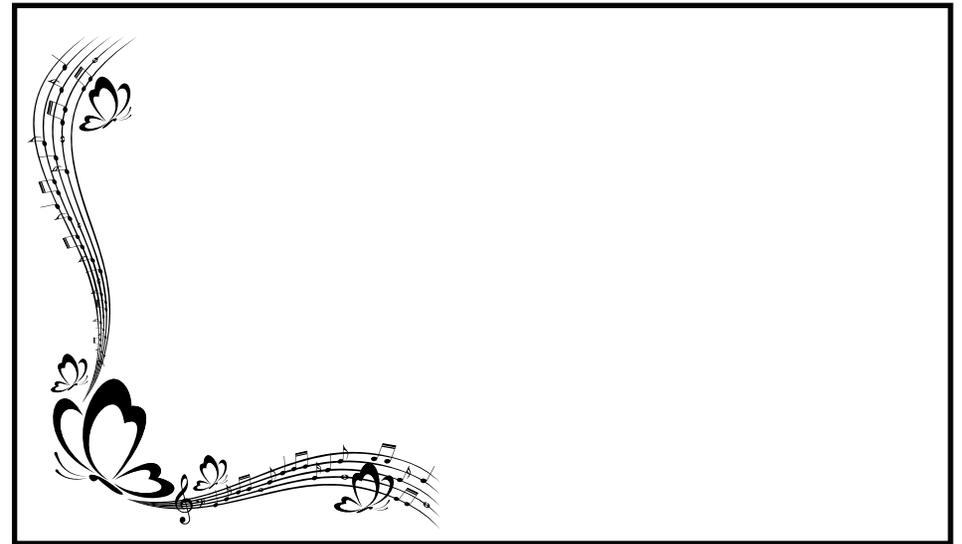
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



*While they were still talking about this, Jesus himself stood among them and said to them, "Peace be with you."
They were startled and frightened, thinking they saw a ghost. He said to them, "Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have."
When he had said this, he showed them his hands and feet. And while they still did not believe it because of joy and amazement, he asked them, "Do you have anything here to eat?" (John 24:26-40)*

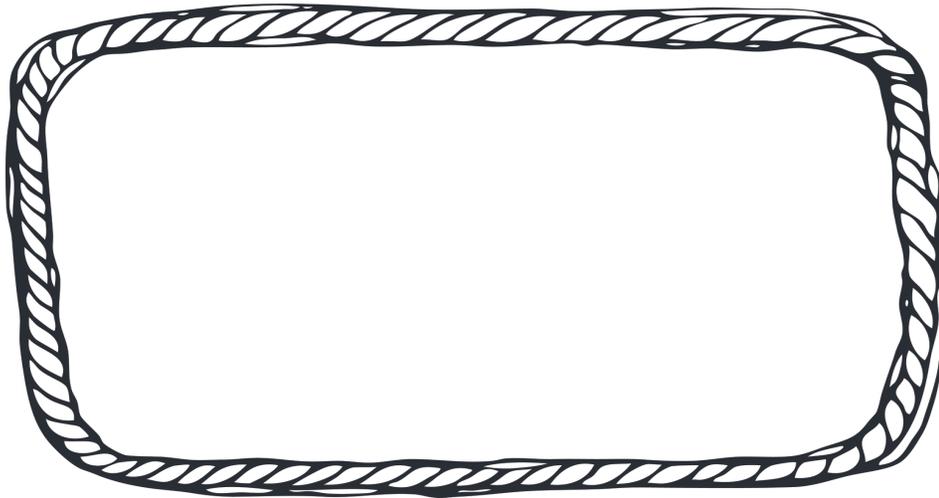
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4)

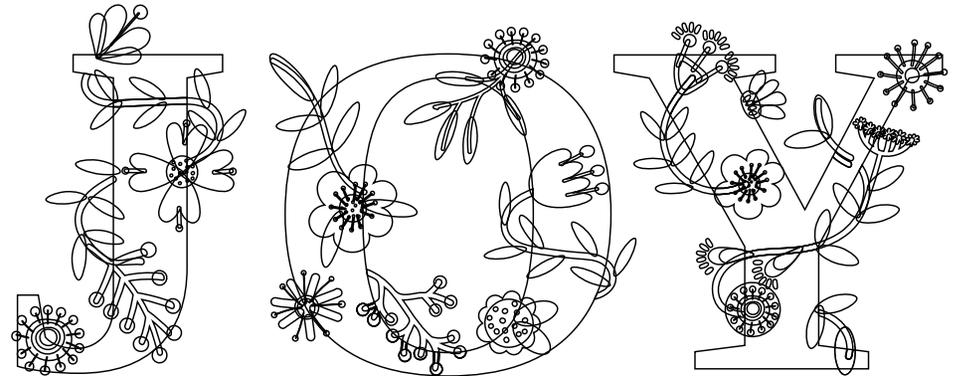
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Personalize this Joy.



Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:16-18)

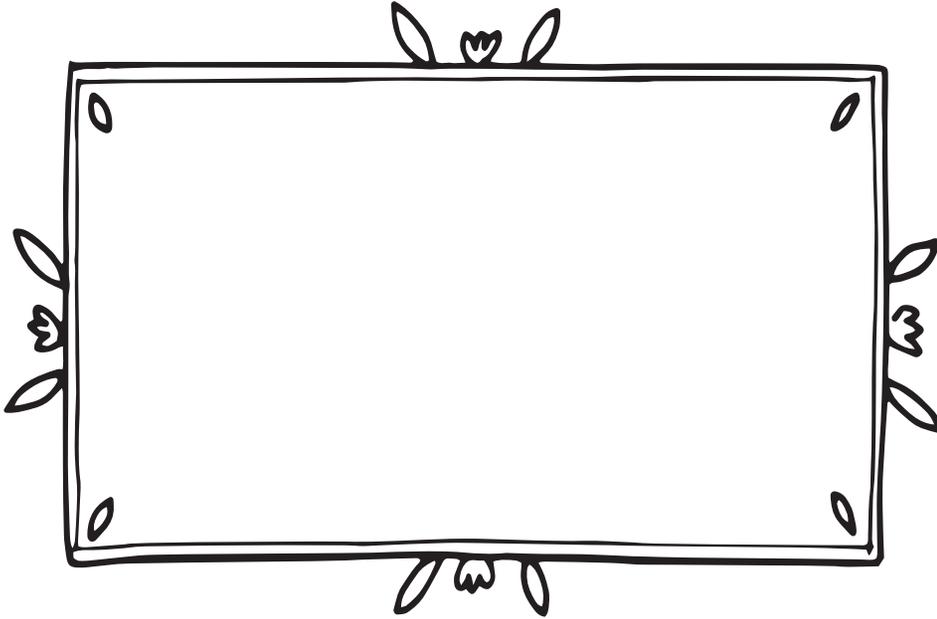
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you but will rejoice over you with singing. (Zephaniah 3:17)

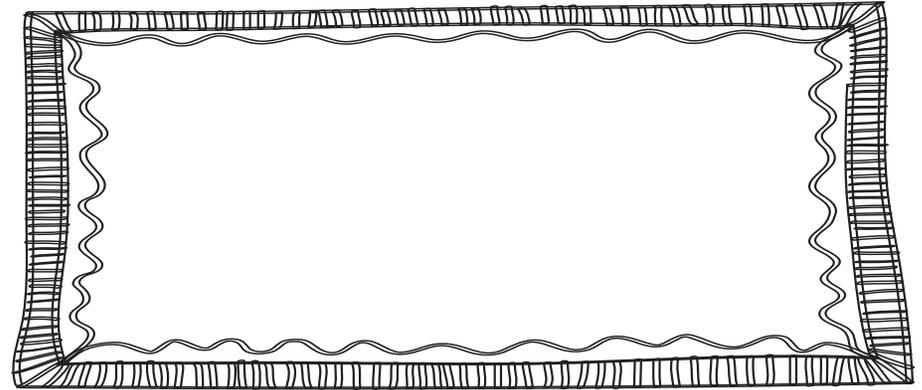
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



Be joyful in hope, patient in affliction, faithful in prayer. (Romans 12:12)

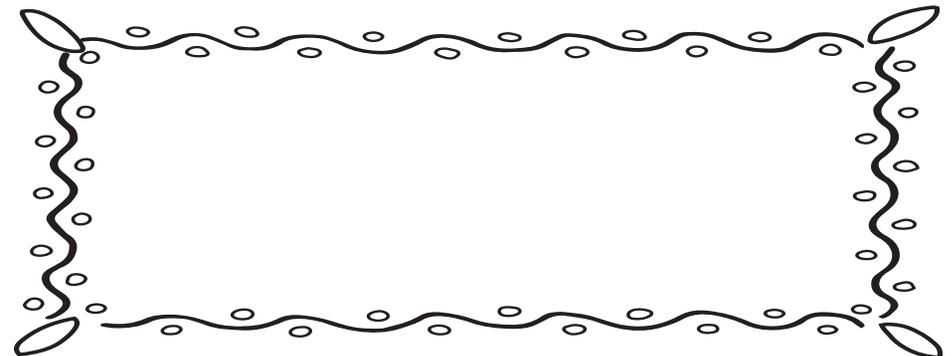
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



The Lord has done it this very day; let us rejoice today and be glad. (Psalm 118:24)

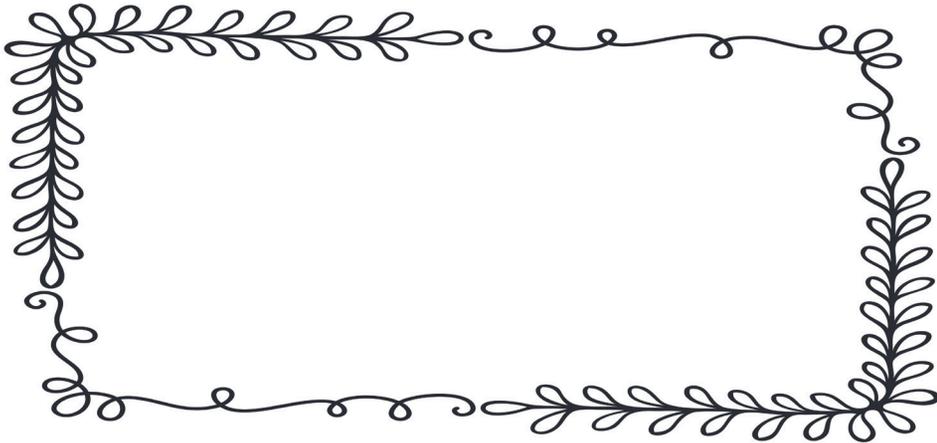
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls. (1 Peter 1:8-9)

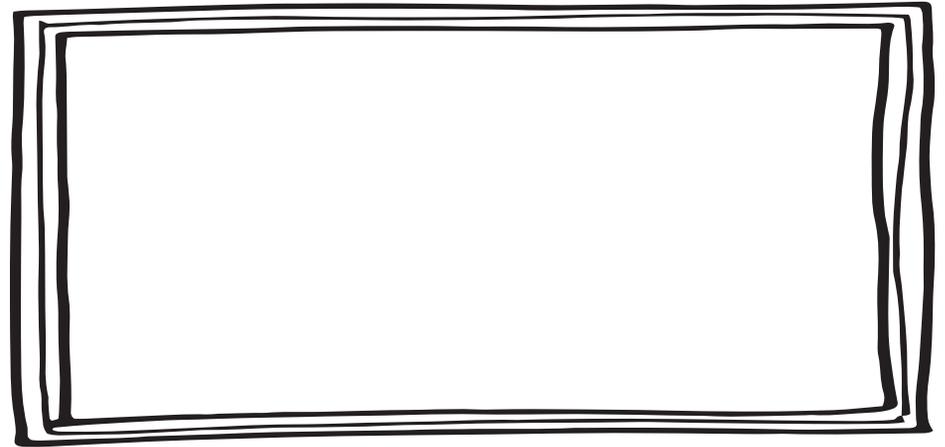
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



I delight greatly in the Lord; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels. (Isaiah 61:10)

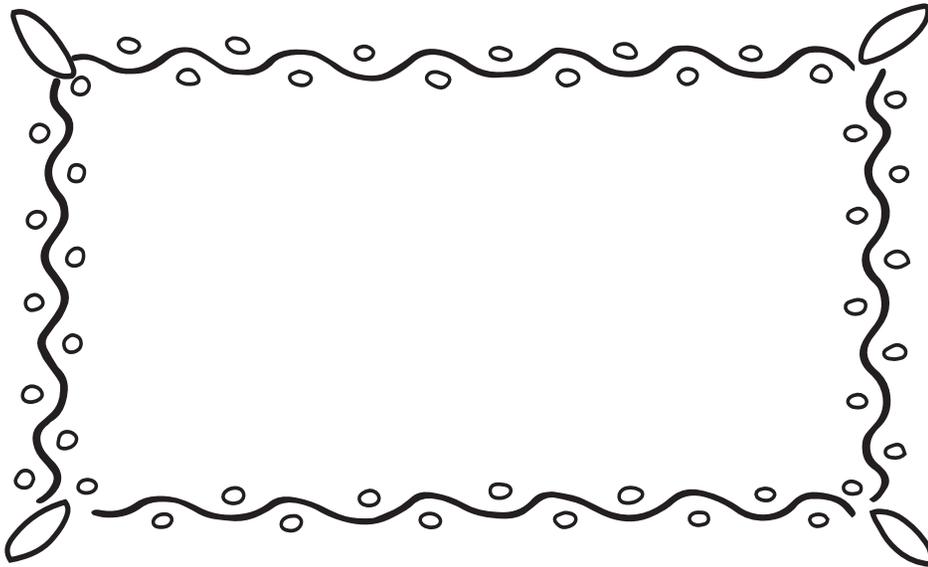
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



...Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy. In that day you will no longer ask me anything. Very truly I tell you, my Father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will

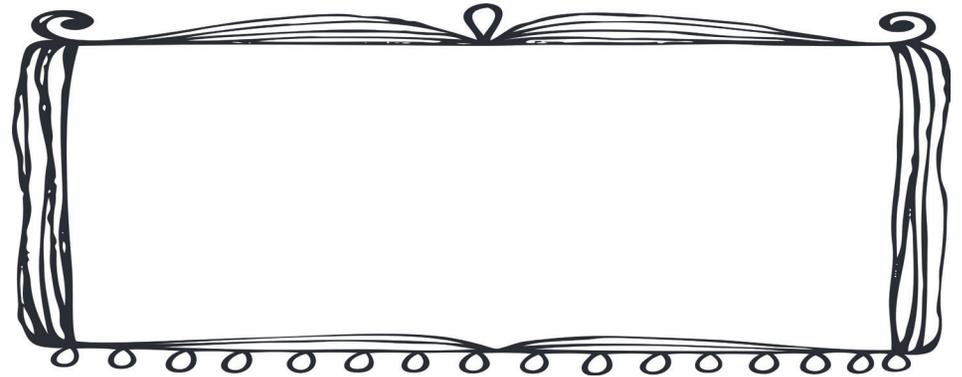
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:



A person finds joy in giving an apt reply—and how good is a timely word! (Proverbs 15:23)

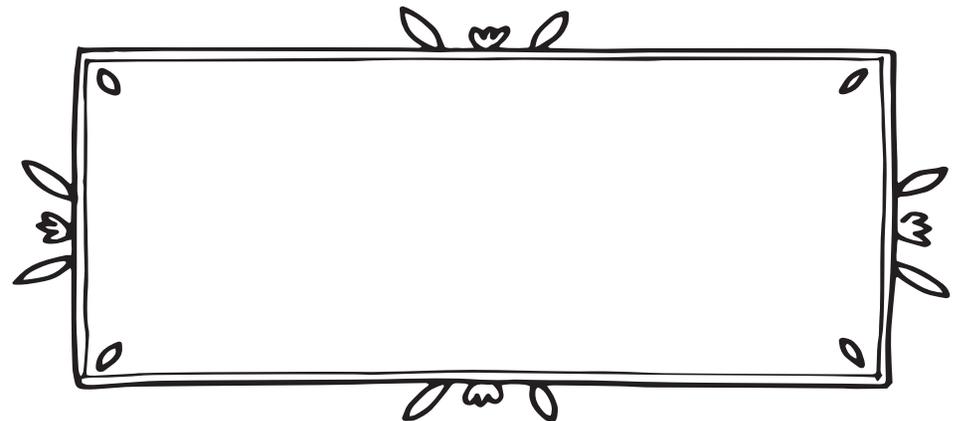
Observation: Write the JOY verse in your own handwriting. Pray each word as you write it:

Interpretation: What is God explaining about joy? What "aha!" moment about joy do you see?

Application: How can I apply this JOY verse to my life today?

How can I scatter or share joy to others?

Personalization: Art, doodle or inspirational writing that captures the joy in this passage:





For the Lord has done great things for us,
and we are filled with joy.

PsalM 126:3

Original Art © Karla Dornacher

Personal and Ministry Use Only Please

www.karladornacher.com • www.etsy.com/shop/karladornacher • www.facebook.com/karladornacher



Pam Farrel brings experience as an international speaker, Director of Women's Ministry, Pastor's Wife, Relationship Expert and author of 50+ books including several bestsellers, like [Men Are Like Waffles](#), [Women Are Like Spaghetti](#). She and her husband, Bill, Co-Direct [Love-Wise Ministries](#) have been happily married for over 40 years. They enjoy time with their 3 godly grown sons and daughter in laws and their 5 grandchildren. When not at work, or caregiving Bill's 90 year old parents, they enjoy kayaking and biking from their home aboard a Live Aboard boat docked in So Ca. www.Love-Wise.com "The one who gets wisdom LOVES life." (Proverbs 19:8)

More on Joy:

[Choose Joy](https://mtlmagazine.com/article/choosing-joy/) - More to Living magazine: <https://mtlmagazine.com/article/choosing-joy/>
[10 Ways to Wake Up with More Joy](http://www.love-wise.com/10-ways-to-wake-up-with-more-joy/): <http://www.love-wise.com/10-ways-to-wake-up-with-more-joy/>
[What Makes You Jump for Joy?](http://www.love-wise.com/what-makes-you-jump-for-joy/) <http://www.love-wise.com/what-makes-you-jump-for-joy/>
[Discovering Hope, Choosing Joy](https://www.bodyandsoul.org/discovering-hope-choosin-joy/) (Body and Soul): <https://www.bodyandsoul.org/discovering-hope-choosin-joy/>
[Four Ways to Choose Joy](http://www.kathyhoward.org/4-ways-to-choose-a-joy-filled-chat-with-author-pam-farrel/) (Kathy Howard Blog) www.kathyhoward.org/4-ways-to-choose-a-joy-filled-chat-with-author-pam-farrel/
[A JOY-filled chat with author Pam Farrel](https://christianauthorsnetwork.com/chat-with-author-pam-farrel/) (CAN blog) <https://christianauthorsnetwork.com/chat-with-author-pam-farrel/>
[Hope, Joy and Love podcast with Pam](https://www.podcastics.com/podcast/episode/todays-spices-hope-joy-and-love-23114/) (Today's Spice) <https://www.podcastics.com/podcast/episode/todays-spices-hope-joy-and-love-23114/>
[Joy: The Pathway to Peace](https://arisedailydevos.wordpress.com/tag/pam-farrel/) (ARISE DAILY) <https://arisedailydevos.wordpress.com/tag/pam-farrel/>
[Upgrade for Life's Second Half](http://upgradeyourlife.squarespace.com/blog/tag/choosin-joy/): (Upgrade with Dawn) http://upgradeyourlife.squarespace.com/blog/tag/choosin-joy
[Hope and Joy thru Bible Study](https://jeannedennis.com/archives/12223/) (TV interview with Jeanne Dennis) https://jeannedennis.com/archives/12223
[Calm Delight](https://gwensmith.net/graceologie/68/) (Graceologie podcast interview of Pam by Gwen Smith) <https://gwensmith.net/graceologie/68/>

Pam's books that include sections on joy:

Discovering Joy in Philippians: A Creative Bible Study Experience

10 Secrets of Living Strong, Smart and Savvy

7 Simple Skills for Every Woman

Joy! Journal Your Way to Joy

(All available on Amazon or www.Love-Wise.com)

