

# Delightful Distractions

In the in the New Testament, the word joy in the original greek is chairó . One definition of this word “joy” is “calm delight”. When things get stressful, ask, “What would bring calm?” and “What are delightful distractions I can do or can bring to others?”

Complete this worksheet so you have your list of “delightful distractions” ready for the next time life gets a bit stressful.

Delightful Foods

Delightful Drinks

Delightful Activities

Delightful Relationships

Delightful Sights

Delightful Quiet Moments