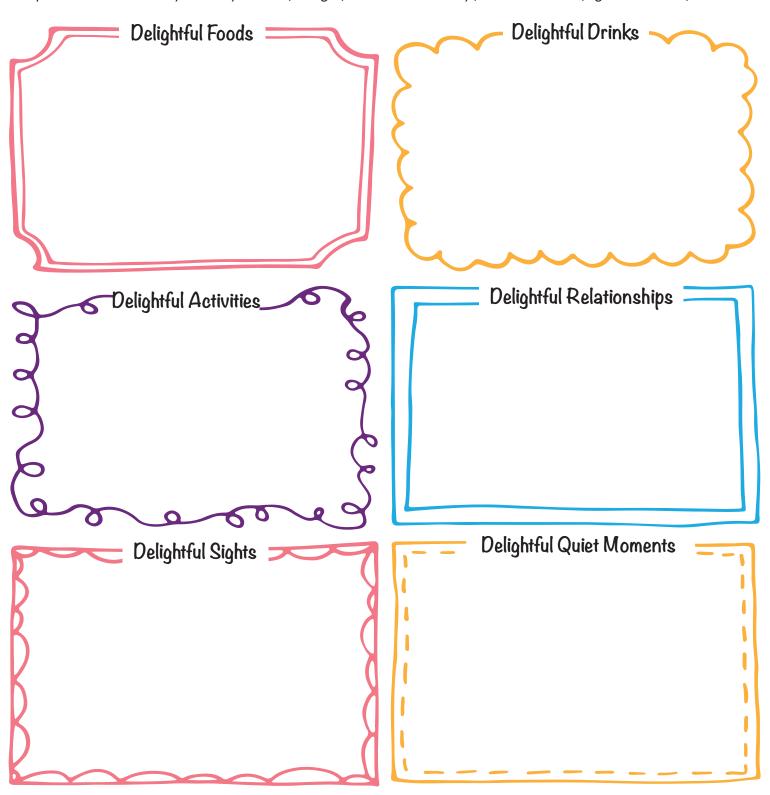
Delightful Distractions

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.



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Growing a Joyful Heart devotional coauthor with Karen Whiting (AMG)

Discovering Joy in Philippians: A Creative Bible Study Experience coauthored with Jean Jones and Karla Dornacher (Harvest House)