

A watercolor illustration of a yellow bird-like creature with a long, thin beak. Above its head is a brown circular shape with a grid of small yellow crescent shapes. The creature is surrounded by a large, textured yellow watercolor wash. The title '21-Day Joy Journal' is written in a dark brown serif font across the middle of the yellow wash.

21-Day Joy Journal

FOR WHEN YOU'RE
FEELING SICK

21- Day Joy Journal

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colophon

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INTRODUCTION

Welcome to this 21-day joy journey toward strength, healing, and wholeness! If you're here, you might be dealing with sickness, fatigue, or just a heavy spirit. Life's struggles, especially physical ones, can weigh us down, making joy feel like a distant memory.

But remember this powerful truth: "The joy of the Lord is your strength" (Nehemiah 8:10). God's joy is not just a nice feeling; it's a force, a source of strength, and a pathway to healing.

Scripture tells us, "A merry heart does good like medicine" (Proverbs 17:22). Laughter, joy, and positivity are gifts from God meant to uplift and sustain us. Science even shows that laughter can boost immunity, reduce stress, and improve physical health.

Amazing, right?

So, over the next 21 days, let's commit to building up joy in our lives step by step, with assignments designed to help you laugh again, reflect on God's promises, and celebrate each day's small victories. By the end of this journey, may your heart be lighter, your soul stronger, and your body energized by the joy only

God can give.



Day 1: Setting the Foundation – Choose Joy!

Joyjuice

What did God do to cure Moses' headache?

He gave him two tablets.

Verse to Read

Nehemiah 8:10b

Do not grieve, for the joy of the LORD is your strength.” NIV
Do not sorrow, for the joy of the LORD is your strength.” NKJV
Do not be grieved, for the joy of the LORD is your refuge.” NASB
and faint not, for the Lord is our strength. BST
because the day is of LORD JEHOVAH’s joy, and he shall be your
helper!” ABPE

This day is holy to God. Don’t feel bad. The joy of God is your
strength!” MSG

Meditation

God’s joy strengthens me; I choose to lean on His joy today.

Assignment

Find one thing to be grateful for today. Write it down and thank God
for it.

I am grateful
for.....
.....thank you Papa God
for this in Jesus name!

Encouragement

*Choosing joy is powerful, especially when you don't feel like it. Today, let
gratitude and that smile on your face be your first step toward joy!*

Mood Tracker

Choose a face      

PRAYER TO BE SPOKEN OUT

Thank you, Papa God, in the name of Jesus, that,
The Joy of the Lord is my strength, and Joy lives inside me, so
laughter and joy are mine in the name of Jesus. Joy, laughter,
and smiles bubble up from the inside of me and flow over my
lips in the name of Jesus.