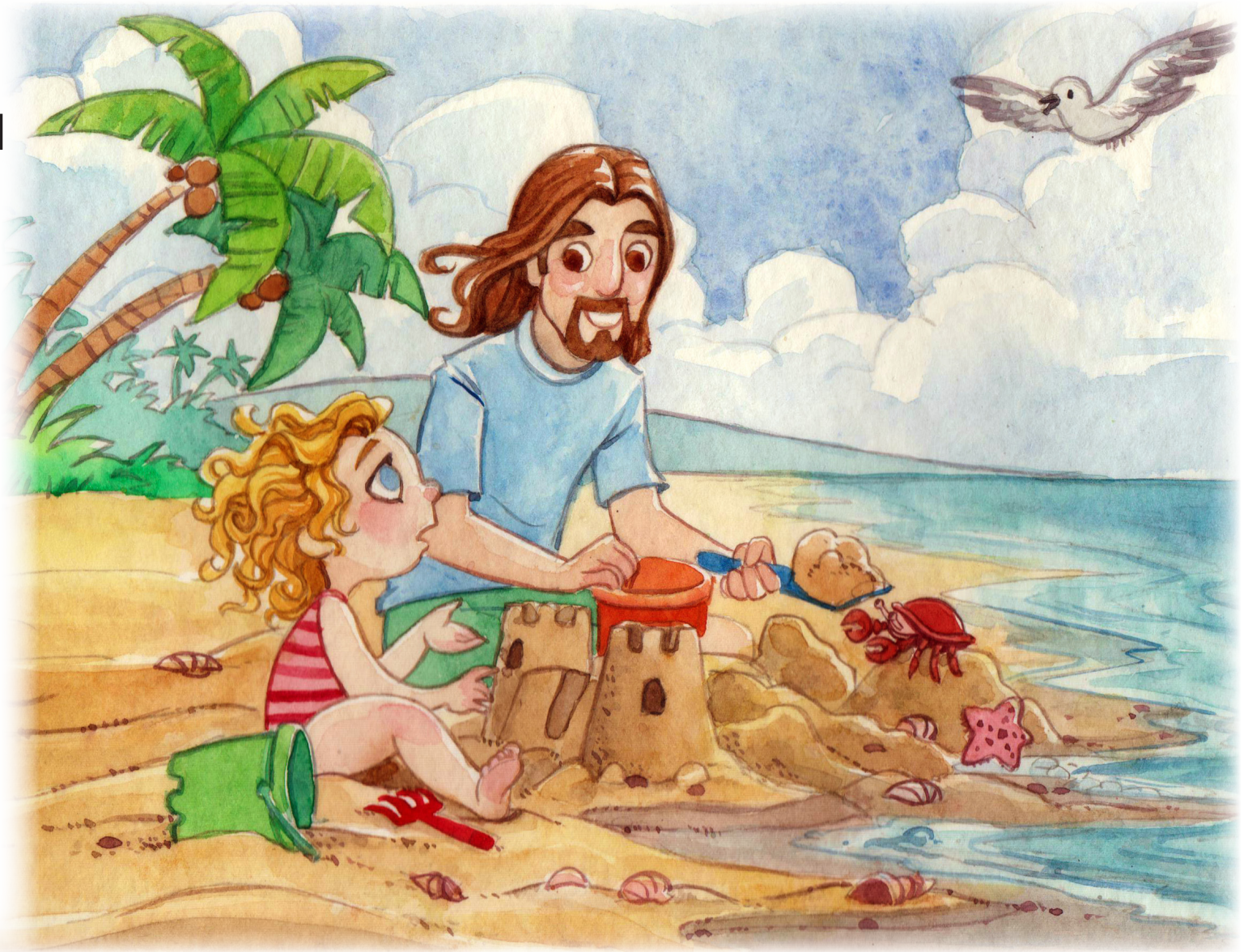


Better Days with Jesus

Rejoice in the Lord always.
(Philippians 4:4 NIV)



The Bible tells us that no matter what is happening around us, or even how we feel, we can rejoice in Jesus. Do you know what it means to rejoice? It means that we show great happiness. We can talk about our joy in Jesus, and even when things are not as we want them to be, Jesus' presence in our day always makes it better.



When we think about Jesus and His love and care for us, our hearts can know joy; we can trust that even when our day seems a little upside down, Jesus will be there to turn everything right-side up. But we have to do our part first by talking to Jesus and asking Him for His help. And when we do, good things will start to happen.





Our days are always better when we fill our hearts with praise and thanksgiving to Jesus for all the love and goodness that He brings into our lives.



Action

Can you think of two things about Jesus that make you glad? Talk about how thinking about Jesus can make even a difficult day better.



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