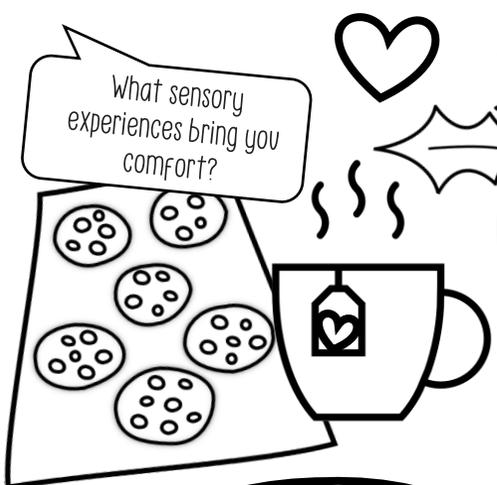
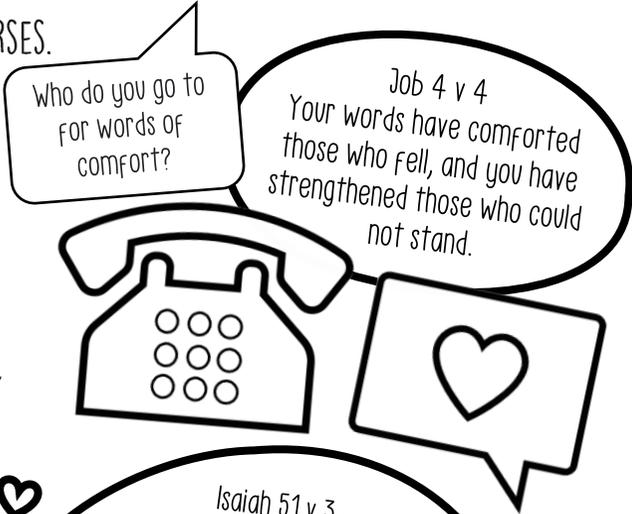


COLOUR AND PRAY – COLOUR EACH PICTURE AND TAKE TIME TO MEDITATE ON THE QUESTIONS AND VERSES.

COMFORT



What sensory experiences bring you comfort?



Who do you go to for words of comfort?

Job 4 v 4
Your words have comforted those who fell, and you have strengthened those who could not stand.

noun
1. a state of physical ease and freedom from pain or constraint.
2. the easing or alleviation of a person's feelings of grief or distress.

Isaiah 51 v 3
So the Lord will comfort Jerusalem; he will show mercy to those who live in her ruins. He will change her deserts into a garden like Eden; he will make her empty lands like the garden of the Lord. People there will be very happy; they will give thanks and sing songs.

2 Corinthians 1 v 4
He comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us.

What comfort does God want to give you today?

What does comfort feel like to you?

Matthew 5 v 4
They are blessed who grieve, for God will comfort them.

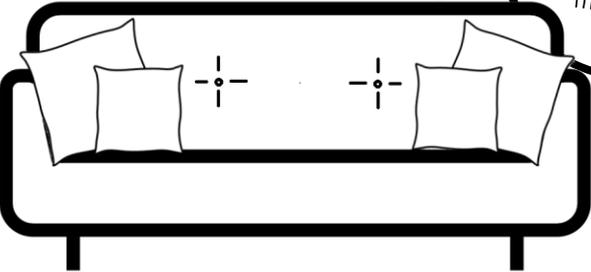
Where do you feel most comfortable?

What is your comfort zone?

Psalms 94 v 19
I was very worried, but you comforted me and made me happy.



Psalms 23 v 4
Even if I walk through a very dark valley, I will not be afraid, because you are with me. Your rod and your shepherd's staff comfort me.



Where does God want to lead you today?

COLOUR AND PRAY – COLOUR EACH PICTURE AND TAKE TIME TO MEDITATE ON THE QUESTIONS AND VERSES.

JOY

noun
a feeling of great pleasure and happiness.

What does joy feel like to you?

1 Chronicles 16 v 27
He has glory and majesty; he has power and joy in his Temple.

Where is your happy place?

Who makes you laugh?

1 Samuel 2 v 1
"The Lord has filled my heart with joy; I feel very strong in the Lord. I can laugh at my enemies; I am glad because you have helped me!"

Job 8 v 21
God will yet fill your mouth with laughter and your lips with shouts of joy.

What does joy sound like?

What can you shout about today?

Where does God want to give you a fresh start?

What time of day fills you with the most joy?

What sensory experiences bring you joy?

Ezra 3 v 13
The people made so much noise it could be heard far away, and no one could tell the difference between the joyful shouting and the sad crying.

What is limiting your joy today?

Psalms 43 v 4
Then I will go to the altar of God, to God who is my joy and happiness. I will praise you with a harp, God, my God.

Psalms 30 v 5
His anger lasts only a moment, but his kindness lasts for a lifetime. Crying may last for a night, but joy comes in the morning.

Nehemiah 8 v 10
Nehemiah said, "Go and enjoy good food and sweet drinks. Send some to people who have none, because today is a holy day to the Lord. Don't be sad, because the joy of the Lord will make you strong."

What would joy taste like?