

Philippians 4:4-7 Rejoice always

Paul wrote a letter to the people in Philippi while he was in prison. He encouraged them to rejoice all the time, no matter what, because God had done good things and loved them so much.

So let's spread a little happiness by doing some smile-bombing. How and where can you leave a smile this week?

Could you draw a smiley face with a stick in the sandpit at the playpark or in the soil somewhere? Could you make a smiley face on the path with stones or twigs? Or put some mud on the side of a tree and draw a smile in that.

Maybe you could make a stress ball by part-filling a balloon with flour or cornflour and tying a knot in it so that the flour or cornflour is packed in tightly. Then you could draw a smiley face on it and give it to someone who might appreciate it.

Remember only to put smiles where they will make people happy, not where they might make people feel cross or annoyed!



A prayer for when you wake up in the morning

**Good morning, God.
What a wonderful day you've made.
Amen**



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Bible Reading

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⁴ Be full of joy in the Lord always. I will say again, be full of joy.

⁵ Let everyone see that you are gentle and kind. The Lord is coming soon. ⁶ Do not worry about anything, but pray and ask God for everything you need, always giving thanks. ⁷ And God's peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus.

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I wonder when you find it easy to be full of joy and when you find it harder?

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