

# I Choose Joy

## Challenge



# Testimonials

"This challenge has reshaped my mind and thought process. I feel like I have been renewed not only mentally but also spiritually." BJ

"Whitney, thank you so much for this challenge. I'm grateful to be a part of something so amazing." LF

"I have enjoyed the 'I Choose Joy' Challenge so much. Thank you for being so transparent and humble in your blogs. It helps to know others go through the same things, and it really helps when you share what you did to overcome." SB

## **Step 1: Introduction**

### Daily Objectives:

- Read and memorize our key verse: "Rejoice in the Lord always, again, I will say, rejoice!" - Philippians 4:4
- Take 5-10 minutes and write in your journal about what you expect to learn from this challenge. Be honest with yourself. Here are a few sentence starters to help gather your thoughts.
  - I have been unhappy because \_\_\_\_\_. I know this because \_\_\_\_\_.
  - My mood continually changes because \_\_\_\_\_. This makes me feel \_\_\_\_\_.
  - I want to choose joy because \_\_\_\_\_. From this challenge, I expect to receive \_\_\_\_\_.
- Print out the "I Choose Joy" Declaration and read it daily throughout the challenge.

<https://youtu.be/4MaWxAkRNtQ>

## *“I Choose Joy” Declaration*

Today, I choose joy. I will remind myself of God's great love for me. After all, He loved me first. He is a good Father, and I am His child.

Before forming me in my mother's womb, He knew me. He formed a hedge around me to protect me and keep me safe. He laid His hand upon me. He intricately formed my inward parts to create the human being I am today. I am fearfully and wonderfully made by Him.

He knows my thoughts and is acquainted with all my ways. His thoughts toward me are precious and innumerable. He chose me, set me apart to do His will, and called me by name. I am holy because He is holy.

I will choose to praise Him because of His marvelous works.

Today, I choose joy.

*1 John 4:19, Jeremiah 1:5, 1 Peter 1:16, Psalm 139*

[www.whitneysparkis.org](http://www.whitneysparkis.org)

## **Step 2: Worship**

Daily Objectives:

- Watch the video below
  - Online Bible Study of Shadrach, Meschach, Abed-Nego from Daniel chapter 3
- Read Psalm 96:7
  - Psalm 65:13
  - Psalm 63:5
  - Psalm 66
  - What did you learn about worship from these verses?
- Journal Entry
  - Who or what is taking your time away from God?
  - Be honest with yourself.
  - If you are unsure what your golden image is, pray about it.
  - Ask God to reveal to you what is keeping you from worshiping Him.
  - What are you going to lay aside and what form of worship will take its place (Christian music, podcast, Bible reading, prayer, etc.)?

<https://youtu.be/y8X-SZPKyqY>

## **Step 3: Gratitude**

Daily Objectives:

- Read the following verses on gratitude.
  - Psalm 100:4
  - Philippians 4:6
  - Colossians 3:17
- Journal Entry
  - Make a list of 10 people, places, or things you are thankful for throughout your day.
    - Explain why you are thankful for these things.
    - Feel free to add more on your phone or speak them aloud to Jesus.

<https://youtu.be/dQKHsAuMN0c>

**4** Rejoice in the Lord \_\_\_\_\_. Again I will say, \_\_\_\_\_!

**5** Let your \_\_\_\_\_ be known to all men. The Lord *is* at hand.

**6** Be \_\_\_\_\_ for nothing, but in everything by \_\_\_\_\_ and supplication, with \_\_\_\_\_, let your requests be made known to God; **7** and the \_\_\_\_\_ of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4:4-7

## **Step 4: Living Hope**

### Daily Objectives

- Read Romans 12:12
  - Print this verse (below) and memorize it.
- Read Romans 15:13
  - Who or what can fill you with joy?
  - What is the purpose of the Holy Spirit according to this verse?
- Read 1 Peter 1:13
  - How does having hope in Jesus help us mentally?

<https://youtu.be/RvfWmb0wBho>



## **Step 5: Peace**

Daily Objectives:

- Make a list of all the stressors in your life that are stripping you of peace.
  - Next to each item, write a Bible verse that speaks truth to combat what your mind is telling you.
- Prayer
  - Spend time this week praying that God show you the stressors that are keeping you apart from Him.
- Reflect on Philippians 4:8-9

[https://youtu.be/jnfZ385T\\_UE](https://youtu.be/jnfZ385T_UE)

## **Step 6: Endurance**

### Daily Objectives:

- Read Philippians 3:12-14
  - What do we need to let go of to press on toward the prize that awaits us?
- Read 1 Timothy 4:8
  - What is better than physical exercise?
- Romans 15:4-5
  - What do you need to make time for every single day?
  - How are you going to make this happen?
- Physical Challenge
  - Go for a walk or a run.
  - Turn on a Christian podcast, listen to your Bible app, sing along to praise music.
  - Give God whatever it is that is weighing you down and not allowing you to finish your race with endurance.
  - Find joy in seeing His creation while you walk.

<https://youtu.be/k13gtpL40p8>

## **Step 7: In Trials**

Daily Objectives:

- Read Romans 8:28
  - How does this verse give you hope?
- Write down one trial you are currently facing.
  - Write a prayer telling God about this situation.
  - Yes, He knows what you are facing but He wants you to share it with Him.
  - Ask Him to help you fight this battle.
  - Wait!
- Find Bible verses related to your trial.
  - Reach out to me for help if you do not know where to start.
- Praise God for His goodness and find JOY while in the midst of your trial.

<https://youtu.be/QxgyTdIAIFo>

## **Step 8: Contentment**

Daily Objectives:

- Read 1 Timothy 6:6-7, Hebrews 13:5, and Matthew 6:25-26.
  - What did you learn about contentment from these verses?
- Declarative Statement
  - Write a statement for your eyes only reminding yourself how your circumstances cannot change your state of contentment.
  - Keep it simple, short, and sweet.
  - Lord, today I choose \_\_\_\_ and not \_\_\_\_.
  - Today I choose to focus and devote my time to \_\_\_\_\_ and not \_\_\_\_\_.
  - Thank You for my current state. I am learning to rely on You and trust You in the area of \_\_\_\_.

<https://youtu.be/nJj9BLIKhfl>

## **Step 9: Truth**

### Daily Objectives:

- Read 1 John 3:18
  - How should we love others?
- Read 3 John 4
  - What should we desire for our children and their children?
- Challenge:
  - Write down negative thoughts that come to you throughout the day.
  - "I'm not good enough. I am overweight. I will never have \_\_\_\_\_. Nobody likes me. I'll never get over my past mistakes."
  - Every time a negative thought enters your mind, ask yourself, "Is it true? Is it accurate?:"
  - I also want you to read Psalm 139 multiple times today to hear what God thinks of you.

<https://youtu.be/OChsBt3ubm0>

## **Step 10: Prayer**

### Daily Objectives:

- Read Philippians 4:6-7
  - What does Paul encourage us not to do in these verses?
- Read Matthew 21:22
  - After we pray, what should we have to help us know God will answer our prayer one way or another?
- James 1:6
  - How does a solid prayer life help develop our faith in Jesus Christ?
- Your goal today is to find a place where you can pray.
  - Maybe this time is after you drop your kids off at school.
  - Turn everything off and spend time praying to God your Father.
  - This time for you may be while your kids are napping.
  - Turn off the TV or Facebook and talk to Jesus.
  - You might find a closet where you can literally walk in and shut the door.
  - Write down your prayers and place them on the wall.
  - Get creative! This time belongs to you and God.
- Here's an easy way to PRAY.
  - P - Praise. R - Repent. A - Ask. Y - Yield.

<https://youtu.be/2UbsqFB43J4>

## **Step 11: Bible Study**

Daily Objectives:

- Plain and simple for today.
- Read your Bible.
  - I suggest starting with Proverbs 1.
    - These are easy reads but so full of wisdom.
    - I encourage you, alongside your other readings, to read one a day for the next 30 days.
  - I want you to really study your Bible.
  - If a word captivates you, look it up!
  - The Internet can be a powerful tool when researching Hebrew translations
  - If you want to read more about joy, search out your index.
  - Allow one passage to take you to another, then another, and so on.

<https://youtu.be/kiX1c1MB0ng>

## **Step 12: Serving**

### Daily Objectives:

- Read Mark 10:45
  - Why did Jesus come to earth?
- Read 1 Peter 4:8-11
  - We are all good at something but no one is great at everything.
  - So, what are your gifts?
  - Make a list of how you can best serve others.
  - Set a goal this week to serve in some capacity according to your list.
  - PS...Don't worry about the giftings of others. This special gift belongs to you sent by God!
- Read Joshua 24:15
  - Who do you choose to serve? Why?
  - Do your family members see Christ living in you through your serving? Explain.

<https://youtu.be/adBzcc-MaHE>



## **Step 13: Creation**

### Daily Objectives:

- Enjoy God's creation.
  - Sit outside and watch the stars
  - Go for an early morning or late walk to see the sun rise or set
- Read Isaiah 42:5-9
  - God had a plan when it came to creation and forming man
  - What brings you joy from this passage?
- Read Isaiah 46:9-13
  - How do these passages offer us hope?
  - Can we still find joy even in this difficult world?
  - How is it different living in the world as a Christian versus someone who is unsaved?
- Watch the video below.
- What gift did you discover God gave you to share with others through serving?

<https://youtu.be/SVAhVBCfQvs>

## **Step 14: New You**

### Daily Objectives:

- Write out a prayer asking God to help you continue on this journey of joy.
- Look back through your notes to see how you have grown through this challenge.
- Ask God to send someone to you who needs joy in their life.
  - Ask Him to show you how to make an impact in their life.
- Read John 17.
  - Journal about the prayers Jesus prayed.
  - How can you alter your prayer life to be more like His?

[https://youtube.com/shorts/u0RzYKXtE5A?si=PJ\\_bcQK1n\\_kRqBrZ](https://youtube.com/shorts/u0RzYKXtE5A?si=PJ_bcQK1n_kRqBrZ)

## **Step 15: New Beginnings**

### Daily Objectives:

- Read 2 Corinthians 10:1-6
  - What does Paul mean when he says we walk in the flesh but should not war in it?
- Read Galatians 5:16-26
  - What works of the flesh do you need to lay aside this year?
  - Read about all the goodness you can attain through His fruits of the Spirit which exist in every believer.
- Read Matthew 6:24.
  - What will you choose to serve? God's Spirit or your flesh.
- Read 2 Corinthians 5:17
  - How does this verse encourage you to keep pressing forward in your spiritual walk with Christ?
- Pray
  - Pray for our next challenge.
  - If you have a topic in mind, feel free to message me.

<https://youtu.be/5bRilo0ZwSQ>