

## Prayers for Growing a Life of Joy

In his book, *Fruit-full Living: A Guide for Growing in God's Spirit*, Dr. Allen R. Hunt, senior pastor at Mount Pisgah Church in Alpharetta, Georgia, shares the following tips for growing a life of joy.

1. **Find a joy mentor.** Regularly spend time with him or her. Imitate their routines. Identify their sources of joy.
2. **Surround yourself with joyful people.** Seek environments that cultivate your joy. Avoid negative settings and people that carp and criticize.
3. **Remind yourself daily where your hope lies.** "Whenever you face trials of any kind, consider it nothing but joy" (James 1:2). Trust God to never forsake you.
4. **Let the joy of knowing and serving Jesus transform how you live.** Find your ministry and pursue it joyfully.
5. **Endow your children with joy.** Pass on the joy of Christ. Do things together that bring joy such as going to a movie or singing praises to God.
6. **Make a thanksgiving list.** Each day for a week list the specific things for which you are thankful. Then, give thanks to God in prayer.
7. **Celebrate the Lord's Supper regularly.** Remembering Jesus' sacrifice and feeling the Holy Spirit's presence during communion will lead to a deeper sense of joy.

*Fruit-full Living: A Guide for Growing in God's Spirit* by Allen R. Hunt. Copyright © 2002. Used by permission. To order a copy, visit [www.mountpisgah.org](http://www.mountpisgah.org) or call 678-336-3000.



North Georgia United Methodist Conference  
4511 Jones Bridge Circle NW  
Norcross, GA 30092  
678-533-1371 • [ddurie@ngumc.org](mailto:ddurie@ngumc.org)

To sign up to receive e-mails containing  
Conference news and information, visit [www.ngumc.org](http://www.ngumc.org).

## *Prayers for Growing a Life of Joy*



*This is the day the LORD  
has made; let us rejoice  
and be glad in it.  
Psalm 118:24*

# Prayers for Growing a Life of Joy

<p><b>1</b> God, thank you for Jesus' arrival in the world, which brought good news of great joy for all the people. <i>Luke 2:10</i></p>	<p><b>2</b> God, thank you for the joy that comes from discovering Jesus, the kingdom of God, and a new way of life. <i>Matt. 13:44</i></p>	<p><b>3</b> God, guide us into a deeper relationship with you so that we may have abundant, unspeakable joy. <i>Ps. 145:7</i></p>	<p><b>4</b> God, remind us that expressing the joy that you bring into our lives shows others that we are Christians. <i>Phil. 4:4</i></p>	<p><b>5</b> God, guide us to a joy mentor. Teach us to imitate their routines and identify their sources of joy. <i>Ps. 89:15</i></p>	<p><b>6</b> God, surround us with joyful people. Teach us to avoid negative people who carp and criticize ceaselessly. <i>Jas. 5:9</i></p>	<p><b>7</b> God, forgive us when we allow stress, pessimism and negativism to extinguish our joy. <i>Ps. 86:5</i></p>
<p><b>8</b> God, teach us to actively seek to be in environments that cultivate our joy. <i>Ps. 37:3</i></p>	<p><b>9</b> God, remind us daily where our hope lies. When we face trials, teach us to consider it nothing but joy. <i>Jas. 1:2-4</i></p>	<p><b>10</b> God, may we find joy in trusting your promise that you will never leave nor forsake us. <i>Josh. 1:5</i></p>	<p><b>11</b> God, may the joy of knowing and serving Jesus transform how we live. Give us a servant's heart. <i>Matt. 25:14-30</i></p>	<p><b>12</b> God, help us find our ministry and then pursue it joyfully. May joy in service fill all aspects of our lives. <i>Col. 4:17</i></p>	<p><b>13</b> God, teach us to endow our children with joy rather than negative, unhealthy behavior. <i>Pr. 8:21</i></p>	<p><b>14</b> God, instill within us a desire to spend time with our family doing simple things that bring them joy. <i>1 Cor. 16:7</i></p>
<p><b>15</b> God, empower us to be empty vessels that pass on the joy of Christ to our children, friends and family. <i>3 John 1:4</i></p>	<p><b>16</b> God, fill our mouths with laughter and our lips with shouts of joy for all the great things you have done for us. <i>Job 8:21</i></p>	<p><b>17</b> God, lead us to a deeper sense of joy during communion as we recall Jesus' sacrifice on the cross. <i>Luke 22:19</i></p>	<p><b>18</b> God, may the joy of the Lord be our strength. <i>Neh. 8:10</i></p>	<p><b>19</b> God, bring comfort to those less fortunate. Give us opportunities to cause their hearts to sing for joy. <i>Job 29:13</i></p>	<p><b>20</b> God, help us walk in righteousness and to come into your presence with joy. <i>Job 33:26</i></p>	<p><b>21</b> God, let all who take refuge in you rejoice and sing for joy. Spread your protection over us. <i>Ps 5:11</i></p>
<p><b>22</b> God, may we be joyful always, pray continually and give thanks in all circumstances. <i>1 Thess. 5:16-18</i></p>	<p><b>23</b> God, restore in us the joy of our salvation and sustain in us a willing spirit. <i>Ps. 51:12</i></p>	<p><b>24</b> God, teach us to keep your commandments, which are our heritage forever and the joy of our hearts. <i>Ps. 119:111</i></p>	<p><b>25</b> God, fill us with the fruit of the Spirit - love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. <i>Gal. 5:22-23</i></p>	<p><b>26</b> God, fill us with all joy and peace in believing so that we may abound in hope by the power of the Holy Spirit. <i>Rom. 15:13</i></p>	<p><b>27</b> God, give us a burden for unreached people so there will be more joy in heaven over sinners who repent. <i>Luke 15:7</i></p>	<p><b>28</b> God, thank you for the times you turn our mourning into dancing and clothe us with joy. <i>Ps. 30:11</i></p>
<p><b>29</b> God, let us find joy in living righteous, disciplined and peaceful lives. <i>Pr. 12</i></p>	<p><b>30</b> God, let the nations be glad and sing for joy, for you judge the peoples with equity. <i>Ps. 67:4</i></p>	<p><b>31</b> God, thank you for the joy of Christ. Christ in life. Christ in death. And Christ for eternity. <i>Rom. 6:4</i></p>				