

IT'S TIME TO
CHOOSE
JOY

5 TOP TIPS FOR JOY

IN THE MIDST OF A TROUBLING WORLD



IT'S TIME TO CHOOSE JOY

Christians in the Middle East face challenges that we can hardly imagine, but so many of them choose joy every day. Will you be inspired by their example and choose joy in your daily life?

In this booklet you'll find our five top tips for finding joy. These are easy, practical things to do to feed your faith, renew your hope and deepen your love for God and others.

As you join in these activities, may you prove the truth of Nehemiah's words that "The joy of the LORD is your strength" (Nehemiah 8:10, NIV). And may they encourage you in your journey of joy with SAT-7.

May God bless you.



Martin Thomas
Director of External Engagement

Scribble your thoughts at the bottom of each page to keep a record of your journey of joy.



Remember

...every day something that has brought you joy, and write it down.

Celebrating is a deliberate response to God and His many blessings. Even the smallest things – a cheery exchange with your neighbour, a sunny day – come from Him. And in Christ He has also given us the greater gifts of forgiveness and new life. By jotting down our joy on paper or on screen, we recognise that all the good we have comes from Him.

"Rejoice in the Lord always; again I will say, rejoice." (Philippians 4:4, NIV)



2

Tell

...someone you love
what they mean to you.

Our loved ones are a gift from God that should not go unappreciated! We can laugh with them and weep with them. They support us in our hard times and encourage us to be the best that we can be. And our Christian family and friends also help us to grow in our faith and discipleship. Voicing our appreciation brings joy to them and us.

"Let us love one another, for love comes from God." (1 John 4:7, NIV)



3

Reflect

...on the wonder of God's
creation.

Joy is found in the presence of God, and one place we can experience that is in the natural world. If you go out in your garden or in the countryside you can see the love and power of God revealed in rocks and plants, trees and flowers, animals and birds. And as you relax among His wonderful creatures, your delight in Him can be renewed.

"The earth is the LORD's, and everything in it." (Psalm 24:1, NIV)



4

Hope

...for the future by writing down all the goals you have for the next year.

Even when we experience grief and affliction and our lives are very tough, in Christ we can always have confidence for the future. Hand over your heart's desires to God and ask Him to fulfil His purpose for you. Remember, sadness and suffering will pass, but joy goes on and on.

**"For his anger lasts only a moment, but his favour lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning."
(Psalm 30:5, NIV)**



5

Invite

...others to experience joy and be blessed yourself in sharing it.

You can pass on the message of joy to your family and friends and in your church. Tell them how you chose joy and what difference it is making to you. And why not encourage them to order a free *Joy in the Midst* photobook too, and to go on this journey with us?

**"Jesus said, 'I have told you this so that my joy may be in you and that your joy may be complete.'
(John 15:11, NIV)**





WHO ARE WE?

SAT-7 is a Christian satellite TV and digital media broadcaster that serves the Middle East and North Africa. Every day, we bring life-changing moments of joy to millions of Christians across the region, straight into the heart of the family home. Our powerful, faith-filled television programmes provide much-needed comfort, encouragement and affirmation in the midst of a troubling world. SAT-7 broadcasts 24/7 in the region's three main languages and is watched by over 25 million people.

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