

BECAUSE OF JESUS...
I CAN HAVE JOY!
IN TIMES OF TROUBLE

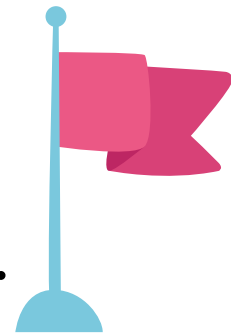
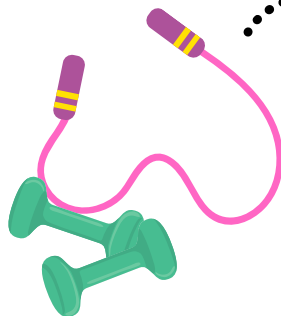
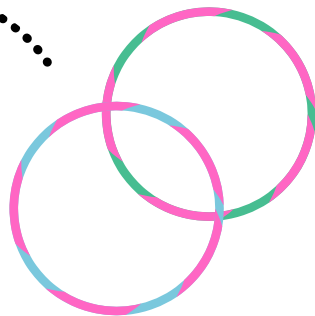
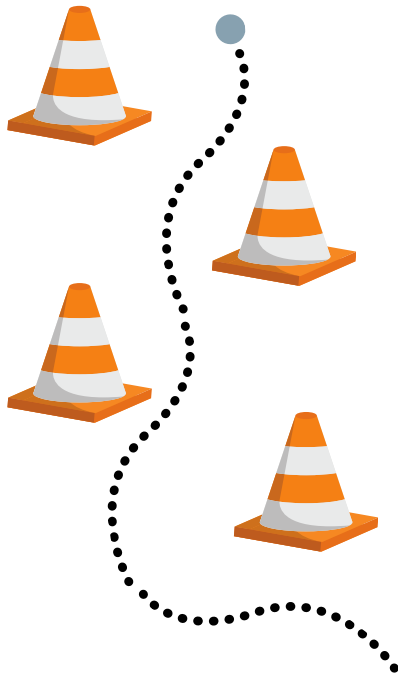
THE JOY OF THE LORD IS MY STRENGTH

OBSTACLE COURSE

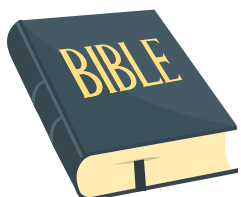
Create an obstacle course in your home or class. Consider including challenging exercises, mazes, or tasks. Remember that sometimes life can be challenging and hard times come our way. But we can rely on the joy of the Lord to get us through! EnJOY your obstacle course!

COURSE IDEAS:

1. Use pylons, chairs, or another object to create a maze to run through
2. Hula-Hoop 10 times
3. Toss a ball or bean-bag into a cup
4. Now jump rope or exercise with weights. (If you don't have weights or a jump rope, do some push ups or jumping jacks)
5. To make your course even more challenging, give yourself a time limit!



***ADULT
SUPERVISION
RECOMMENDED!***



"The joy of the Lord makes you strong" **Nehemiah 8:10b (NIRV).**