



MONTHLY ACTIVITIES

MONTHLY DEVOTIONAL

From Sadness to Joy

Easter reminds us that God can turn even the darkest moments into something beautiful. When Jesus died on the cross, His followers were filled with sadness and confusion. They had believed He was the Savior, and now it seemed like all hope was gone. The quiet day that followed must have felt heavy with grief and uncertainty.

But the story did not end there. Early on Easter morning, the tomb was empty. Jesus was alive! What began with sorrow ended with overwhelming joy. The resurrection reminds us that God can transform our sadness into hope. The Bible says in Psalm 30:5, "Weeping may stay for the night, but rejoicing comes in the morning." Easter morning is the perfect picture of this promise. After the sorrow of the cross came the joy of the resurrection.

We all experience days that feel like "night," times when we feel sad, worried, or discouraged. In those moments, it can be hard to see what God is doing. Yet Easter reminds us that God is always working, even when we cannot see the whole story. Just as He brought joy to the disciples after their grief, He can bring hope and new beginnings into our lives as well.

As a family, take time to talk about moments when sadness turned into something better. Maybe a hard day led to a new opportunity, a mistake led to learning something important, or a difficult season brought your family closer together. These moments remind us that God's promises are real. Because Jesus rose from the dead, we can trust that joy will come again, even after the hardest nights.



REFLECTION QUESTIONS:

1. Have you ever had a day that started sad but ended happy? What happened?

2. What do you think it was like when Mary Magdalene found the tomb empty?

3. How can knowing Jesus is alive help us when we feel sad?

4. What does “He must become greater; I must become less” mean to you?



PRAYER PROMPTS:

- Ask God to help you see hope instead of grief in bad situations.
- Tell Him to remind you of Easter Sunday morning when you are during a trial.
- Tell him you would like to see hope and joy and victory after you’ve learned from it.

OPTIONAL ACTIVITY: JOY JARS

Below are scriptures a lot like the focus scripture. You can look up one scripture a week or all at once! Write something about each, such as what it inspires you to do in your life:

Supplies you will need:

1. Clean Jar
2. Strips of paper or notecards
3. Pens/Markers
4. Stickers or decorations to decorate the jar

Instructions:

1. Decorate the Jar. Label it “Joy Jar: and let kids decorate with happy colors, stickers, or words like “Hope,” “Peace,” “Joy,” and “He is Risen.”
2. Reflect as Family. Ask each family member to think of a time they felt sad, but God helped them through or a time when God surprised them with joy.
3. Write and Add to the Jar. For each moment, write a short note on a strip of paper:
 - “I was nervous about my test, but God helped me feel calm.”
 - “I missed a friend, but then we had a playdate.”
 - “We were sick, but God helped us feel better.”
4. Store the Jar somewhere visible. Use the jar all year to add “joy moments” and pull them out on a future day when someone in the family feels discouraged.