

# TABLE TALK

Verse of the day:

**b Do not grieve, for the joy of the Lord is your strength.”**

**Nehemiah 8:10b**

**Question 1-**

**What animal would you use to describe the word ‘joy’?**

**Question 2-**

**What do you do when you are sad?**

**Question 3-**

**What does this verse tell us we should remember to stop us feeling upset?**

**Question 4-**

**If the Joy of the Lord is our “strength”, what can we do to protect ourselves in tough times?**

**Question 5-**

**Pray. Do you want the Lord to give you Joy? Do you want protection from God.**

**We can choose to have Joy in the Lord which is our protection when we have difficult situations in our life!**