



JOY COMES IN THE MORNING



GETTING INTO THE ACTIVITY

The last year has been tough, but after a dark night comes the joy of the morning. What are your hopes for the future in a post-lockdown world?

David is a character in the Bible who experienced it all. From the lows of being a fugitive and exile to the highs of a hero and King. Yet whatever situation David found himself in, he kept his relationship with God and spoke to him throughout - whether in anger or praise. Despite it all, David always had his eyes on God.

When David was experiencing a dark moment he wrote '**Weeping may last for the night, but a shout of joy comes in the morning**' Psalm 30 v 5. David knew from experience that the struggles he experienced in the past were only temporary and God always heard his prayers and answered them. No night lasts forever and is always followed by the sunrise of a new day... for joy comes in the morning. Spend some time discussing the below questions:

- How is Psalm 30 v 5 relevant during the COVID pandemic?
- Despite the darkness of the pandemic, what things have we been grateful for during 2020/21? (NHS, more time with family, technology, friends and family etc).
- With the UK cautiously coming out of lockdown, what things are you looking forward to the most? What are your hopes for the future or the 'joys of the morning'?

Write your hopes for the future on post-it notes and create a hope wall. Finish in prayer.



WHAT YOU'LL NEED

- Post-it Notes
- Pens



KEEPING EVERYONE SAFE

Please maintain social distancing as required. Please be conscious that for some the last year has been particularly difficult and therefore some sensitivity may be needed during the discussions.