

DR. R. TIMOTHY JONES



# Joy

A 21-Day  
Devotional  
Journey

THE JOURNEY OF JOY PARTICIPANT'S GUIDE



# Joy

Greetings in the Mighty and Matchless Name of the Lord Jesus Christ,

We pray that all is well with you and yours. Thank you so much for your decision to join us on **A Journey of Joy**. This 21-day devotional journey is designed to create lifelong habits of happiness.

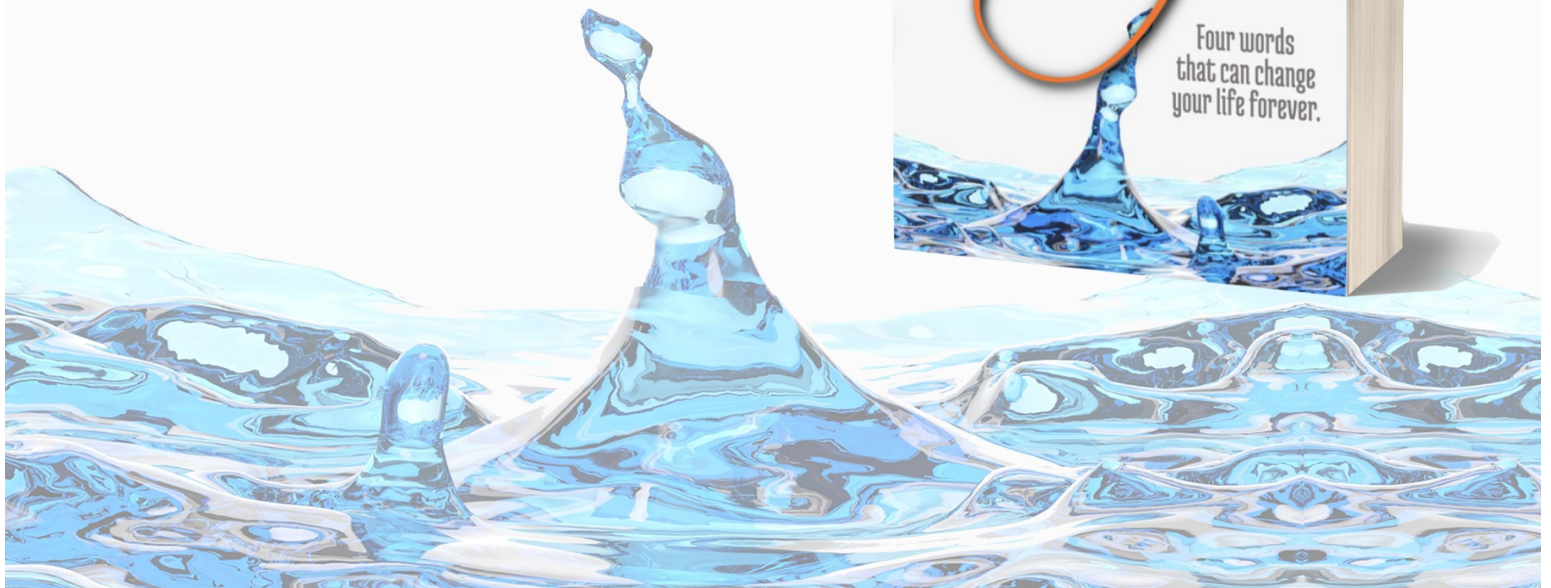
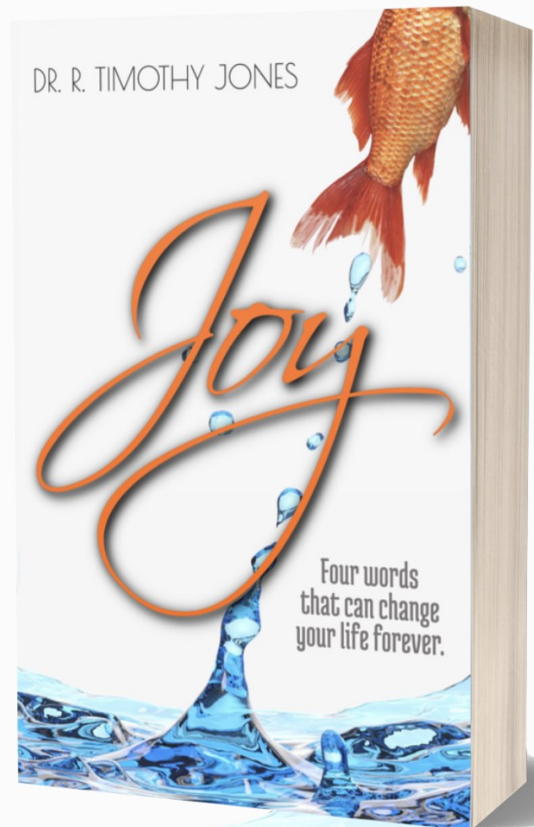
The journey features our new book *Joy*. It was written from a pastoral perspective with YOU in mind. According to Philippians 1:25, a pastor's job entails "helping people to grow and experience the joy of their faith." Typically, people who are growing in the faith experience joy in the faith.

During this time, we will also observe the Daniel Fast. This partial fast is found in Daniel 10. It adheres to a specific diet of fruit and vegetables. There will be a 6 AM prayer call each morning as well as a devotional broadcast at 6 PM each evening.

Let's embrace the joy of the Lord as our strength and enjoy the journey!

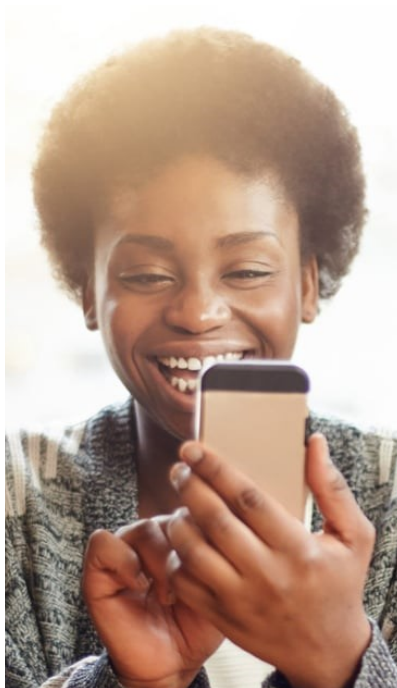
Pastor R. Timothy Jones  
Author, *Joy*

Please use the hashtag **#igotjoy** when referring to the book or the journey on social media.





# *A Journey of Joy*



## **MORNING PRAYER CALL**

Daily at 6 AM (CST)

CONFERENCE CALL INFORMATION

605-475-4000 (Access Code – 700843#)

## **EVENING DEVOTIONALS**

Daily at 6 PM

[Featuring Pastors of Participating Churches]

Broadcast daily on Facebook page and YouTube channel of the Peaceful Rest Baptist Church.



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### **Daily Work**

To maximize the experience, you are encouraged to set aside forty-five minutes each morning and fifteen minutes each evening to read and conduct devotional activities. It would be helpful to select an accountability partner or to invite family members and friends to join you on the journey.

Each day should begin with reciting the declaration of joy. Recite the morning prayers and write the evening prayers. The morning prayers are related to the devotional reading. The evening prayers focus on an element of prayer and are informed by the psalm selected for that day.

In addition to the devotional readings, there are points to ponder that are related to the reading. There are Bible verses to inspire the reader and study questions for self-examination and encouragement. There are specific acts to be conducted daily, which include blessing others and blessing oneself.

### **The Declaration of Joy**

*This is the day that the Lord has made; I will rejoice and be glad in it. I will delight myself in the Lord, who will give me the desires of my heart. For every challenge that today brings, I will embrace the joy of the Lord as my strength and count it all joy. I will rejoice always, pray without ceasing, and in everything give thanks, for this is the will of God in Christ Jesus for my life.*

(Psalm 118:24; 37:4; Nehemiah 8:10; James 1:2; 1 Thessalonians 5:16–18)

## The Daniel Fast

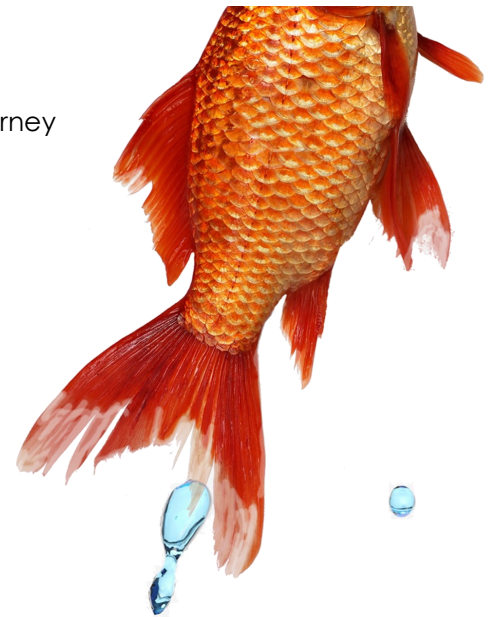
The Daniel Fast is a partial fast found in Daniel 10. It is a 21-day spiritual journey that adheres to the following diet.

### FOODS/DRINKS PERMITTED

Fruit  
Vegetables  
Water  
100% fruit juice  
100% vegetable juice

### FOODS/DRINKS PROHIBITED

Desserts  
Bread  
Meat [ALL animal products]  
Carbonated drinks  
Alcoholic beverages



## An Encouragement “Hit List”

**Encourage one another and build each other up. (1 Thessalonians 5:11)**

**Those who are happiest are those who do the most for others. (Booker T. Washington)**

You are asked to create an “Encouragement Hit List” of people that you will intentionally encourage during the journey. The list should include at least 21 people; that's at least one person per day for the duration of the journey.

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21. \_\_\_\_\_

## “ME – Gifting”

Re-gifting occurs when we pass gifts that we have received along to others as gifts. “ME-gifting” occurs when a person takes the liberty to purchase a gift or do something special for herself/himself.

During the journey, you are encouraged to “ME-gift” yourself for 21 days straight! However, the caveat is you cannot spend any money! The goal is to practice self-care and to bless yourself with things that money cannot buy.

**On a good day, enjoy yourself; on a bad day, examine your conscience. God arranges for both kinds of days so that we won't take anything for granted. (Ecclesiastes 7:14, MSG)**