

April Challenge: Unspeakable Joy

Welcome to April, HHC Sister!

Life is messy. Joy can feel just out of reach. But here's the truth: **you don't need perfect circumstances to live with unshakable joy.** You just need Jesus—and the guts to lean into gratitude and goodness *right in the middle of the chaos.*

This month, we're tossing glitter at the gloom and choosing something the world can't cancel: **JOY.** Not the shallow, plastic kind that only shows up when life is picture-perfect—but the deep, steady kind that stands strong when things are messy, loud, and way too real.

Here's how we're living it out loud in April...

THEME OF THE MONTH: JOY ON PURPOSE

Key Verse: "the joy of the Lord is your strength." – Nehemiah 8:10 (NIV)

Joy isn't a feeling you chase. It's a **strength you stand on.** And in a world that's all over the place, we're planting our feet in what lasts. Small shifts change spiritual atmospheres, sis. This is how we train our hearts to recognize joy—even when life is gritty.

WEEKLY FAITH MOVES

Week 1: Choose Joy First

"This is the day the Lord has made..." Yep—even this one.

Start your day by choosing joy *before* the chaos hits. Write down one joy-moment **and** one person you're gonna bless today.

- **Focus:** Pre-decide to be joyful.
- **Joy Drop:** Leave a surprise note or prayer text for a friend.

Week 2: Let Gratitude Lead

Joy follows thankfulness.

Make your joy journal a **gratitude party**—not because life's perfect, but because *God is faithful.*

- **Focus:** Write three things you're thankful for each day.
- **Joy Drop:** Compliment someone intentionally—text, DM, in-person, whatever works.

Week 3: Joy in the Grit

This week, name one hard thing... and then name how God's still working in it. Because unshakable joy doesn't ignore pain—it sees God in the middle of it.

- **Focus:** Find joy in the “even though” moments.
- **Joy Drop:** Drop off a coffee, Venmo \$5 to someone "just because," or mail an anonymous note of encouragement.

Week 4: Joy That Stays

Let's finish strong with joy that's **anchored**. Not loud, not showy—just faithful, rooted joy. Worship. Write. Be kind. Be consistent. Because **joy is a rhythm, not a rush**.

- **Focus:** Reflect on what's changed in your heart.
- **Joy Drop:** Serve someone in your home in a new way—dinner, prayer, a deep convo, even just presence.

LIVING IT OUT LOUD

This isn't about being bubbly or pretending everything's fine. This is about letting JOY **wake up your soul** and **spill out on the people around you**. When we live joyful, we live powerful. And this month, we're putting that kind of joy into motion.

Don't forget to share your bold move in the His Heartbeat Collective community—because your faith can encourage someone else's!

FINAL WORD

Joy isn't soft. It's **spiritual steel**.

It's bold. It's resilient. It's rooted in a Savior who doesn't change when life gets loud. So open your journal, open your heart, and open your hands to bless someone else.

Let's live out loud, one joyful, kind-hearted step at a time.