



# Choosing Joy: Embracing God in Everyday Life



Discover how women can find joy in the mundane by embracing God's presence in daily tasks and ordinary moments.

---



**HolyJot**

Bible Journaling Made Easy.  
[www.HolyJot.com](http://www.HolyJot.com)





# Table of contents

|   |    |
|---|----|
| <u>Introduction</u>                             | 3  |
| <u>Day 1: 🌸 Finding Joy in Daily Tasks</u>      | 4  |
| <u>Day 2: 🌿 Sarah's Trust Amid Waiting</u>      | 10 |
| <u>Day 3: 🌼 Finding Strength Like Ruth</u>      | 16 |
| <u>Day 4: 🌷 Embracing Purpose Like Esther</u>   | 22 |
| <u>Day 5: 🌹 Joy Through Gratitude Like Mary</u> | 28 |
| <u>Day 6: 🌻 Peace in God's Presence</u>         | 34 |
| <u>Day 7: 🌺 Joy as a Daily Choice</u>           | 40 |





## Introduction

Welcome to this 7-day journey focused on **'Choosing Joy When Life Feels Mundane.'** As women navigating the beautiful complexities of daily life, it's easy to feel caught in a repetitive routine where moments seem ordinary or even dull. However, God invites us to see beyond the surface—to recognize His hand and heart in the small, seemingly insignificant details of life.

In this Bible study plan, we will explore inspiring stories of women in Scripture and their expressions of faith and joy amid ordinary circumstances. We'll reflect on how God's grace is ever-present, encouraging us to develop an intentional mindset of gratitude and worship, even when life feels monotonous.

*Choosing joy* is not about ignoring reality or forcing happiness. Instead, it's about acknowledging God's constant presence and goodness, cultivating a grateful heart, and trusting Him with every moment. Joy springs forth when we align our perspective with God's truth—recognizing that every task, every conversation, and every quiet moment holds divine purpose.

Throughout these seven days, you'll be invited to meditate on Scripture, ponder practical reflections, and engage in heartfelt prayers to help you deepen your spiritual vision. Remember, joy is a choice, and God is faithful to guide you through the ordinary to uncover His extraordinary love and peace.







## Day 1: 🌸 Finding Joy in Daily Tasks





Day 1: 🌸 Finding Joy in Daily Tasks

## Your Verse

*Colossians 3:23-24 - "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,"*

## Supporting Scriptures

- *Ecclesiastes 9:10 - "Whatever your hand finds to do, do it with all your might,"*
- *1 Corinthians 10:31 - "...so whether you eat or drink or whatever you do, do it all for the glory of God."*





Day 1:  Finding Joy in Daily Tasks

# Devotional: Transforming Routine into Joyful Worship

In our routines, it's easy to feel unnoticed or unimportant, especially when daily chores seem repetitive. Yet, Paul reminds us in Colossians that every task, no matter how mundane, is an opportunity to serve God. When we work "with all your heart," we transform the ordinary into acts of worship.

Imagine your daily activities—as you wash dishes, prepare meals, or tend to your family—as sacred moments where God meets you. Through this lens, work becomes more than a to-do; it becomes a chance to express love and faithfulness. When we choose to see these tasks through God's eyes, joy is awakened within us, lifting our spirits beyond the monotony.

*Try to identify one task you often overlook and offer it up intentionally to God today. By shifting your perspective, joy blooms where routine once ruled.*





## Reflect and Apply

1. How do I currently view my daily tasks? Are they meaningless chores or opportunities for worship?

---

---

---

2. What might change if I consciously dedicate my work to God today?

---

---

---

3. In what ways can I notice God's presence in the small details of my day?

---

---

---





Day 1:  Finding Joy in Daily Tasks

## Journaling Prompts

1. List three everyday tasks you can intentionally offer to God.

---

---

---

2. Write about a moment recently when you felt joy in a mundane activity.

---

---

---

3. Reflect on how serving 'with all your heart' might change your attitude.

---

---

---





Day 1: 🌸 Finding Joy in Daily Tasks

## Prayer for Today

Dear Lord, help me to see my daily tasks as opportunities to honor You. Teach me to serve with joy and wholehearted devotion, even when the work feels ordinary. May Your presence fill my heart, turning routine into worship. Strengthen my spirit to find delight in every moment, trusting that You are with me always. *Thank You for your grace and faithfulness.* Amen. 🙏❤️✨







## Day 2: Sarah's Trust Amid Waiting





Day 2: 🌿 Sarah's Trust Amid Waiting

## Your Verse

*Genesis 21:1-2 - "The Lord was gracious to Sarah as he had said, and the Lord did for Sarah what he had promised."*

## Supporting Scriptures

- *Psalm 27:14 - "Wait for the Lord; be strong and take heart and wait for the Lord."*
- *Isaiah 40:31 - "Those who hope in the Lord will renew their strength."*





Day 2: 🌿 Sarah's Trust Amid Waiting

## Devotional: Joy in Patient Trust and God's Timing

**Sarah's story teaches us about patience and trust when life feels stalled or uneventful.** For many years, she waited—longing for God's promise of a child. Her waiting season was filled with uncertainty, yet God's faithfulness never wavered.

When we face mundane seasons, the temptation is to grow impatient or discouraged. But Sarah shows that choosing joy can be an act of faith—trusting God even when the visible change seems absent. Like her, we are invited to embrace the waiting, knowing God is working behind the scenes.

*Consider today how trusting God in quiet seasons might deepen your joy and hope.*





## Reflect and Apply

1. What waiting seasons in my life feel most challenging right now?

---

---

---

2. How can Sarah's example inspire me to trust God's timing?

---

---

---

3. In what ways has God shown faithfulness during past periods of waiting?

---

---

---





Day 2: 🌿 Sarah's Trust Amid Waiting

## Journaling Prompts

1. Describe a time you experienced God's faithfulness after waiting.

---

---

---

2. Write a prayer asking God for patience and renewed hope.

---

---

---

3. List ways to intentionally encourage yourself during waiting periods.

---

---

---





Day 2: 🌱 Sarah's Trust Amid Waiting

## Prayer for Today

**Lord**, teach me the art of patient trust as Sarah knew. When waiting feels endless or mundane, renew my hope and strengthen my heart. Help me embrace Your perfect timing with joy, confident that You are at work for my good. May Your faithfulness encourage me daily. Amen. 🌱 ⏳ ✨







## Day 3: 🌻 Finding Strength Like Ruth





Day 3: 🌸 Finding Strength Like Ruth

## Your Verse

*Ruth 1:16 - "Where you go I will go, and where you stay I will stay."*

## Supporting Scriptures

- *Psalm 46:5 - "God is within her, she will not fall; God will help her at break of day."*
- *Philippians 4:13 - "I can do all this through him who gives me strength."*





## Day 3: 🌸 Finding Strength Like Ruth

## Devotional: Strength and Joy in Faithful Commitment

Ruth's unwavering commitment to Naomi demonstrates strength found in loyalty, faith, and choosing hope in new beginnings. Life's ordinary moments may involve difficult decisions and unknown paths. Yet Ruth's joy stemmed from trusting God and embracing the journey alongside others.

When tasks feel tiring or life seems uncertain, God offers us strength—not just to endure but to thrive. Like Ruth, choosing to step forward with faith brings fresh joy even in unfamiliar or mundane seasons.

*Reflect on how you can channel Ruth's boldness and kindness in your daily life.*





Day 3: 🌸 Finding Strength Like Ruth

## Reflect and Apply

1. Who in my life needs my loyalty and support right now?

---

---

---

2. How can I demonstrate faith and strength in everyday challenges?

---

---

---

3. What new beginnings might God be calling me to embrace with joy?

---

---

---





Day 3: 🌸 Finding Strength Like Ruth

## Journaling Prompts

1. Write about a time when trusting God brought you strength.

---

---

---

2. List ways to encourage and support others faithfully today.

---

---

---

3. Describe what stepping into a new season with faith looks like for you.

---

---

---





Day 3: 🌸 Finding Strength Like Ruth

## Prayer for Today

**God of Strength**, empower me to be like Ruth—faithful, strong, and joyful in my commitments and daily walks. When I feel weary, remind me Your strength sustains me. Help me choose hope and kindness, trusting You guide every step. May my life reflect Your love and perseverance. Amen. 💪 🌸 🙏







## Day 4: 🌷 Embracing Purpose Like Esther





Day 4: 🌸 Embracing Purpose Like Esther

## Your Verse

*Esther 4:14 – "And who knows but that you have come to your royal position for such a time as this?"*

## Supporting Scriptures

- *Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you."*
- *Romans 8:28 – "In all things God works for the good of those who love him."*





Day 4: 🌸 Embracing Purpose Like Esther

## Devotional: Joy in Recognizing God's Purpose for You

**Esther's courage shines as a beacon of purpose discovered even in ordinary roles.** Although she initially may have felt like just one among many, God positioned her to make a significant impact. Joy arises when we realize our unique roles matter—even if unseen or behind the scenes.

God's invitation is to embrace your present place with faith that He can use your life mightily. Whether managing a home, working in a career, or caring for others, your purpose matters deeply to God.

*Ask God to reveal the significance of your 'ordinary' moments and empower you to serve joyfully.*





Day 4: 🌸 Embracing Purpose Like Esther

## Reflect and Apply

1. How can I embrace my current role as part of God's larger plan?

---

---

---

2. What fears or doubts keep me from stepping boldly into purpose?

---

---

---

3. How do I see God working through my everyday actions?

---

---

---





Day 4: 🌸 Embracing Purpose Like Esther

## Journaling Prompts

1. Write about a time God used you in a surprising way for good.

---

---

---

2. List ways you can serve others joyfully where you are now.

---

---

---

3. Reflect on Esther's courage and what it teaches you today.

---

---

---





Day 4: 🌸 Embracing Purpose Like Esther

## Prayer for Today

**Lord**, help me recognize the purpose You have for my life — even in moments when I feel invisible or ordinary. Give me courage like Esther to step boldly, trusting You are working all things for good. May I serve with joy and confidence in Your plans. Amen. ✨👑💖







## Day 5: 🌹 Joy Through Gratitude Like Mary





Day 5: 🌹 Joy Through Gratitude Like Mary

## Your Verse

*Luke 1:46-47 - "My soul glorifies the Lord and my spirit rejoices in God my Savior."*

## Supporting Scriptures

- *1 Thessalonians 5:16-18 - "Rejoice always, pray continually, give thanks in all circumstances;"*
- *Psalms 118:24 - "This is the day the Lord has made; let us rejoice and be glad in it."*





Day 5: 🌹 Joy Through Gratitude Like Mary

## Devotional: Cultivating Joy With a Grateful Heart

**Mary's song of praise reflects a heart overflowing with gratitude and joy even amid uncertainty.** Gratitude is a powerful lens that shifts our perspective from what is lacking to the blessings present. In mundane moments, choosing to glorify God kindles joy that transcends circumstance.

Practicing thankfulness daily invites the Spirit to refresh our souls and renew joy. Like Mary, praising God with our whole hearts can turn ordinary days into celebrations of God's grace.

*Today, consider what blessings you might be overlooking and respond with a grateful heart.*





## Reflect and Apply

1. What small blessings can I thank God for in my daily routine?

---

---

---

2. How does gratitude influence my overall joy and attitude?

---

---

---

3. In what ways can I express praise even during difficult moments?

---

---

---





Day 5: 🌹 Joy Through Gratitude Like Mary

## Journaling Prompts

1. Write a gratitude list focused on today's ordinary moments.

---

---

---

2. Record a prayer of praise like Mary's song.

---

---

---

3. Describe how giving thanks affects your mood and outlook.

---

---

---





Day 5: 🌹 Joy Through Gratitude Like Mary

## Prayer for Today

**Gracious Father**, teach me to rejoice and give thanks in every moment. Fill my heart with praise like Mary's, even when life feels ordinary or challenging. Help me notice Your blessings and respond with joy. May gratitude shape my spirit and draw me closer to You. Amen. 🙌 🌸 🙏







## Day 6: 🌻 Peace in God's Presence





Day 6: 🌻 Peace in God's Presence

## Your Verse

*Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, present your requests to God... the peace of God, which transcends all understanding, will guard your hearts and minds."*

## Supporting Scriptures

- *Psalm 23:2-3 - "He makes me lie down in green pastures,"*
- *John 14:27 - "I leave you peace; my peace I give you."*





## Day 6: 🌻 Peace in God's Presence

## Devotional: Choosing Peace in Every Moment

**When life seems monotonous or overwhelming, God offers us peace that surpasses understanding.** Paul's letter to the Philippians encourages us to turn anxiety into prayer—presenting our concerns and trusting God's care. This practice can transform how we experience ordinary moments.

God's peace is not dependent on circumstances but on His loving presence. When we pause to invite Him in, the mundane becomes a sanctuary for rest and renewal.

*Practice laying down your worries in prayer today, welcoming God's calming peace into your heart.*





Day 6: 🌻 Peace in God's Presence

## Reflect and Apply

1. What anxieties or burdens do I need to bring to God today?

---

---

---

2. How can prayer transform my experience of daily life?

---

---

---

3. In what ways have I experienced God's peace in ordinary moments?

---

---

---





Day 6: 🌻 Peace in God's Presence

## Journaling Prompts

1. Write a prayer releasing your worries to God.

---

---

---

2. Describe a time when God's peace surprised you.

---

---

---

3. List ways to incorporate peaceful pauses into your daily routine.

---

---

---





Day 6: 🌻 Peace in God's Presence

## Prayer for Today

**Lord Jesus**, calm my anxious heart and help me to bring every concern to You in prayer. Teach me to rest in Your peace, even amid the ordinary and repetitive days. Wrap me in Your presence and guard my heart and mind. Thank You for being my refuge and peace. Amen. 🌿🙌🙏







## Day 7: 🌻 Joy as a Daily Choice





Day 7: 🌸 Joy as a Daily Choice

## Your Verse

*Nehemiah 8:10 - "The joy of the Lord is your strength."*

## Supporting Scriptures

- *James 1:2-3 - "Consider it pure joy... whenever you face trials of many kinds,"*
- *Psalms 16:11 - "In your presence there is fullness of joy; at your right hand are pleasures forevermore."*





Day 7: 🌸 Joy as a Daily Choice

## Devotional: Making Joy a Strengthening Habit

**As we conclude this study, let's remember that joy is not merely an emotion but a deliberate choice anchored in God's presence.** Nehemiah reminds us that God's joy is our strength. Even when life feels repetitive or monotonous, choosing to focus on God's goodness empowers us to live with renewed vitality.

This journey helps us see how ordinary moments, when surrendered to God, become vessels of joy. No matter what tomorrow holds, we can rise each day deciding to embrace God's joy as our strength.

*Commit today to choosing joy intentionally, drawing strength from the Lord in your everyday life.*





Day 7: 🌸 Joy as a Daily Choice

## Reflect and Apply

1. How can I make choosing joy a daily habit despite challenges?

---

---

---

2. What role does God's presence play in sustaining my joy?

---

---

---

3. In what ways has this week's study changed my view of joy?

---

---

---





Day 7: 🌸 Joy as a Daily Choice

# Journaling Prompts

1. Write a commitment statement to choose joy each day.

---

---

---

2. Reflect on the strengths you've gained through joy this week.

---

---

---

3. Describe how you will remind yourself of God's joy amid routine.

---

---

---





Day 7: 🌸 Joy as a Daily Choice

## Prayer for Today

**Father God**, thank You for teaching me that joy is a choice and Your presence is my strength. Help me to embrace joy daily, especially when life feels mundane. Fill me with Your Spirit, empowering me to live fully and gratefully. May Your joy overflow in all I do. Amen. ☀️💪🙏







## Where God's Word Meets Your Daily Life

### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

### Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](https://www.holyjot.com). No spam. No gimmicks. Just God's Word.

### Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.  
Email us at [info@holyjot.com](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.  
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.