

The Dog Walk



Week 4: Day 1

Lesson 10



Learning Life Lessons with Mrs. Debby

Finding JOY on our Dog Walk

When I was about your age, I remember having days where I was happy and then some days where I felt kinda down—maybe bored or maybe even lonely. During one of those times, my mother noticed my mood had changed and asked me what was wrong. I really had no good answer, so I just said, “I don’t know, Momma, but some days I feel really great and some days I feel sad.”

Well, that day my wonderful mother (even though I didn’t always think she was wonderful during my middle school years, truth, right?)—okay, let’s start over. On that day, my wonderful mother taught me a simple but profound truth. I call it the “Secret to Joy.” And it is so simple, but you can miss it so easily—especially if you are living your life as a Cat Christian. Let me explain the secret: Live out **J-O-Y**!

What do I mean? Your focus each day must be in that order: **J-O-Y**

Because if you turn it around, you just get “Yoj”. And what is that? Nothing. Boring. Weird word. Blehhhhh! “Yoj”—even that word looks and sounds depressing. But a lot of people who call themselves Christians live a life of “Yoj”. Usually they are *all* Cats...or sometimes Dog Christians who have forgotten the “Secret to Joy!”

Well, you must now be asking, “How do I live out **J-O-Y**?” The secret is that each of those letters represent who we plan our lives around each and every day.

J = Jesus
O = Others
Y = You

So, once I learned this “secret” from my mother, I tried to begin each day thinking



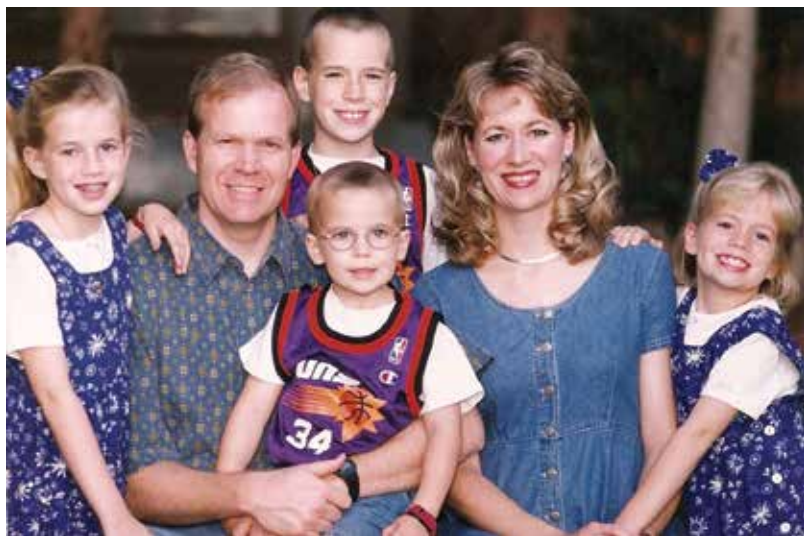
like a Dog Christian would think:

First, how can I honor Jesus today? Or bring glory to God today?

Second, how can I bless others today? Who needs me to encourage them?

Third, what are my own needs or desires for today?

I promise you, if you plan your day in that order, you will find **JOY** instead of what often happens when you plan your day in this order: *You, Others, Jesus* or “Yoj.” It has been true in my life for over 40 years! And I taught it to my four children, too. I challenge you to live it out this week. Put it to the test. Pass it on!



I taught my kids the
“**JOY**” principle
when they were this young.



Answer These Questions:

1. **Jesus:** What is one attitude you can choose to have or action you can choose to do that will truly honor and glorify **Jesus** this day? (Read Matthew 5:1-16 if you need ideas.)

2. **Others:** Who do you feel needs a kind word or a good deed from you today? Next, what will you do to express it to them?

3. **You:** What is one need you have or goal you want to accomplish today?





John 10:10 (ESV)

*The thief comes only to steal and kill and destroy.
I came that they may have life and have it abundantly.*

1. Who do you think “the thief” is for us today as followers of Jesus?⁵⁴

2. Who is the “I” in our memory verse?⁵⁵

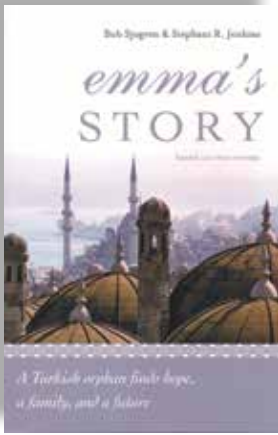
3. What does the word “abundant” really mean?⁵⁶

Begin to memorize this verse as you draw two contrasting pictures in the boxes below.

Draw a Thief Stealing

Draw a Person with an Abundance of Something





Today's Reading To Grow Your Faith



Emma's Story:
Read Chapters 37—39

1. What happened that softened the hearts of young Graham's classmates?⁵⁷

2. Who was there to encourage Amy when she felt like giving up?⁵⁸

3. Whom did God send to fight Chaos and Confusion when the traffic was so bad?⁵⁹

