



DECEMBER WORKBOOK

FINDING JOY

In The Holidays

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How to Use The Joy Workbook For December

A guide for your month of Biblical joy

For starters, this workbook is not homework. It's not another pressure-filled thing to fit into an already full month.

This is a tool for your heart. A place to process, pray, breathe, and rediscover the kind of joy that God promises in every season, even the complicated ones.

Think of this workbook as your December companion. Use it slowly, honestly, and without rushing. Below is a simple rhythm to help you move through it during the month:

Quick Monthly Overview

Week 1: Assess + Set intentions (Sections 1-2)

Week 2: Scripture grounding + reflection (Start Section 3)

Week 3: Practicing joy daily (Section 4)

Week 4: Surrender, transformation, + reflection (Sections 5-6)

At The Beginning of the Month

Start here when the month begins, or whenever you begin your Joy theme.

Section 1: Where Is Your Joy Right Now?

Do these pages first. They give you a baseline. The “before picture” of your heart. This helps you see what God transforms by the end of the month. Take your time. Be unfiltered. God can handle your honesty.

Section 2: What You Are Seeking

After you assess where you are, move into what you desire.

This section helps you:

- name what you want from God
- acknowledge barriers
- identify where joy feels blocked

This becomes your intention + prayer focus for the entire month.

Middle of the Month (Week 2-3)

This is where growth and understanding deepen.

Section 3: What Biblical Joy Actually Is

Use this section slowly. Maybe one page per week.

Each scripture page gives you:

- a biblical truth
- journaling prompts
- a Holy Spirit–led shift in perspective

These pages pair beautifully with your weekly devotionals, scripture cards, and podcast episodes.

Section 4: Growing + Practicing Joy

This is your practice section.

Use Page **13** (Daily Joy Practice) as often as you want. Daily, a few times a week, or whenever you feel yourself slipping into survival mode.

Use Page **14** and **15** to help you create practical, sensory-safe, peace-filled joy moments that fit your actual life. Not the world's idea of holiday joy.

This is the section that helps joy move from theory to your daily reality.

End of the Month (Last 3-4 Days)

This is where you wrap the month in reflection and gratitude.

Section 5: Inviting God to Transform You

These pages are perfect for a quiet moment at the end of the month.

They help you:

- release what needs releasing
- pray with clarity
- declare what God has grown in you

If the month was messy, tiring, or nothing like you hoped... this is still the place God meets you gently.

Section 6: End-of-Month Reflection

Finally, return to the same joy rating you did on Page 1.

Notice what changed.

Notice where God showed up.

Notice where joy is growing. Even if it's growing slowly.

This page helps you see your progress, and gives you a foundation for the next month's theme.

Section 1: Where is Your Joy Right Now?

Joy Check-In

Circle the number that best describes your current level of joy:

(0 = nonexistent, 10 = overflowing)

0 1 2 3 4 5 6 7 8 9 10

Reflection Questions:

What has been stealing your joy lately?

What has been nourishing your joy lately?

How has motherhood (especially with your child's needs) shaped your joy in this season?

What Joy Looks Like to You

Biblical joy is universal, but how we experience it is personal.

Reflection Questions:

When you imagine “joy” what comes to mind?

What small moments have brought you joy in the past week?

What kind of joy do you feel you’re missing the most right now?

- ☐ Peaceful joy
- ☐ Strength-giving joy
- ☐ Refreshing joy
- ☐ Hopeful joy
- ☐ Steady, anchored joy
- ☐ Other: _____

Section 2: What You Are Seeking

What Do You Want From God This Month?

"God, this month I am asking You to restore joy in the area of _____."

"I want to feel joy even when _____ feels overwhelming."

"The kind of joy my heart longs for most is _____."

Naming Your Barriers

Joy often feels blocked. Not because God withholds it, but because life is heavy.

Common Barriers:

- sensory chaos
- emotional exhaustion
- medical unpredictability
- fear of the future
- burnout
- feeling unseen
- overstimulation
- grief
- lack of support
- spiritual disconnection

Which of these barriers affect you most?

Which one feels the hardest to talk about with God? Why?

Section 3: What Biblical Joy Actually Is

Scripture Study – Joy as a Fruit of the Spirit

Read: **Galatians 5:22–23**

Reflection Questions:

What stands out to you about joy being a fruit?

What does this tell you about where joy comes from?

What does it not come from?

Guided Truth Statement:

“Joy can grow in me even in the hard days, because God is the source of it.”

Scripture Study – Joy in Trials

Read: **James 1:2–4**

Reflection Questions:

What is God producing in you through your current trials?

Which part of this verse is hardest to accept right now?

What would it look like to trust God is using this season for your good?

Scripture Study – Joy in God’s Presence

Read: **James 1:2–4**

Reflection Questions:

Where do you feel God’s presence most during your daily routines?

How can you invite His presence into moments you typically dread (appointments, sensory overload, sleepless nights, etc.)?

When is the last time you felt joy because you felt close to Him?

Section 4: Growing and Practicing Joy

Daily Joy Practice (5 Minutes)

Complete each morning or evening.

1. Gratitude for one thing:

Today I thank God for

2. One moment of joy I noticed:

3. One place I need more joy:

4. One prayer for joy today:

"Lord, grow joy in me today by..."

A printable journal is at the end of this workbook. Make as many copies as your need or use a special journal just for this reflection each day.

Sensory-Safe Joy Moments

Reflection Questions:

What brings your child sensory joy?

What brings YOU sensory joy?

How can you create a moment of joy that honors both of your needs?
(Examples: soft lights, quiet play, cuddles, puzzles, nature walk, music, rocking.)

Guided Truth Statement:

Joy grows when you stop forcing “holiday magic” and instead create moments that match your family’s reality. Not Pinterest’s.

Joy and Boundaries

Joy is impossible when you're overextended.

Reflection Questions:

What boundary would protect your joy this month? (fewer events, shorter visits, saying no to certain traditions)

What boundary are you afraid to set? Why?

What is one boundary Jesus is inviting you to set for your emotional, spiritual, or physical health?

Section 5: Inviting God to Transform You

Prayer and Surrender

"God, here are the areas where I need Your joy the most..."

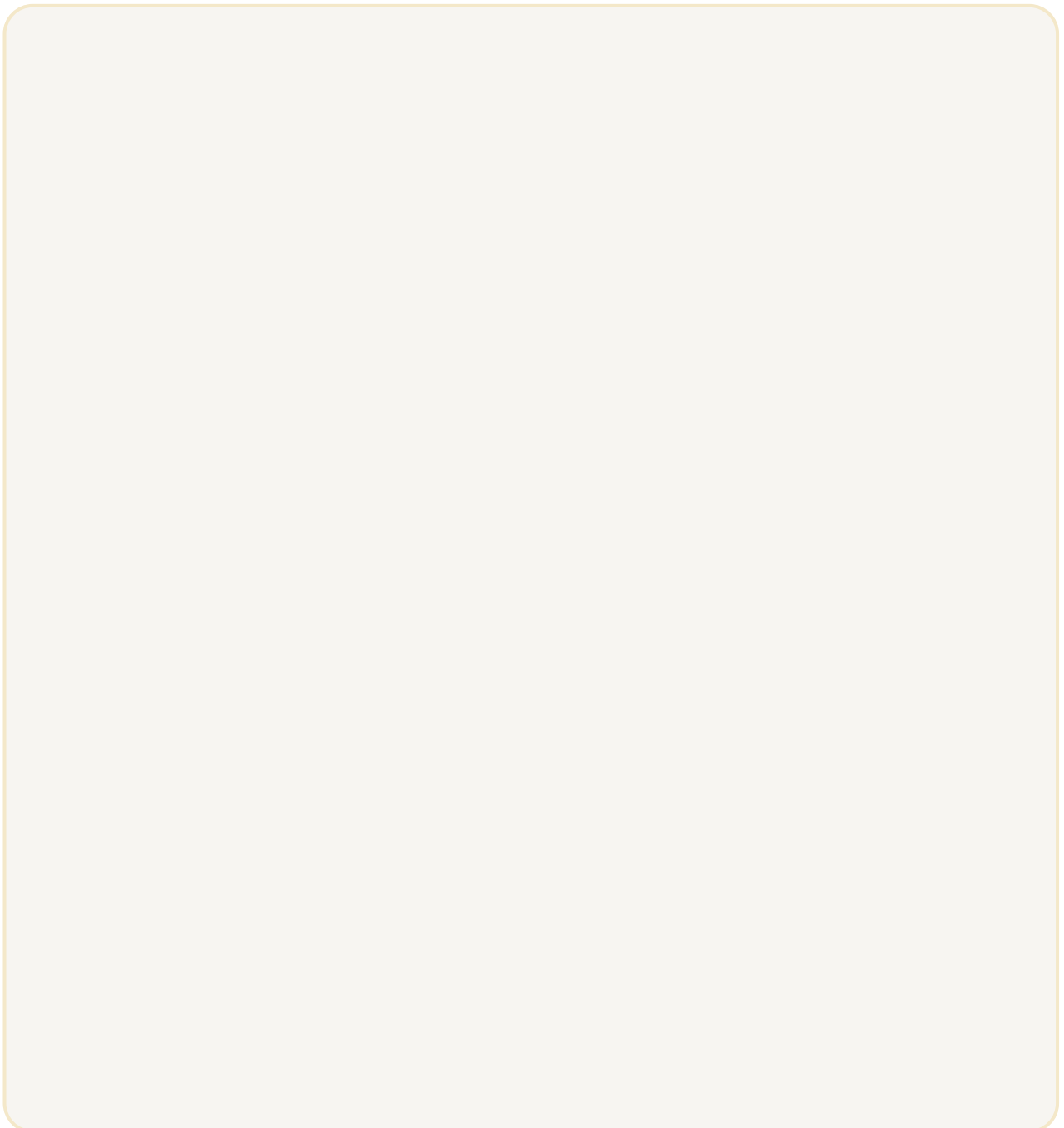
"Here are the expectations I am releasing..."

"Here is where I need Your strength..."

Joy Declaration Page

Write these down in your handwriting or repeat them aloud:

- Joy is my inheritance.
- Joy is not fragile.
- Joy is not reserved for easy seasons.
- Joy is a gift from the Holy Spirit, not a result of perfect circumstances.
- Joy can coexist with exhaustion, grief, and uncertainty.
- God is growing joy in me even now.



Section 6: End-of -Month Reflection

Joy Growth Check-In

Circle the number that best describes your current level of joy:

(0 = nonexistent, 10 = overflowing)

0 1 2 3 4 5 6 7 8 9 10

Reflection Questions:

What changed this month?

What surprised you?

Where did you see God show up?

What new understanding do you have about Biblical joy?

What joy do you want to carry forward into the new year?

Holding Joy as the Year Ends

If you made it here, take a deep breath. You've walked through a month of finding joy. The kind that grows deep in your soul where only God can reach.

You've faced hard days, unexpected changes, and maybe even quiet disappointments about what this season didn't look like. But you've also found sacred moments. That's joy. Not the denial of pain, but the discovery of peace in spite of it.

Joy isn't a place you arrive at. It's a Presence you carry. It's God's steady heartbeat pulsing through the ordinary and the overwhelming. It's His reminder that your story, even with all its challenges, still holds beauty and purpose.

As you step into a new year, may you walk with a lighter spirit. Not because everything's easy now, but because you've learned that God's joy doesn't wait for circumstances to change. It shows up with you in the middle of them.

So hold joy close, not as a feeling to chase, but as a promise to rest in.

The God who came near at Christmas is still near now and He's not done writing your story.

See you inside your January lesson when you are ready.

Stay Mighty,



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