

## WHEN JOY RETURNS

### BASED ON PSALM 126

Lord, I remember the times you helped me. You turned my sadness into laughter. You gave me peace when I felt lost. Thank you for being with me even when I doubted.

Sometimes I feel stuck and tired. School, friends, and family can be hard. Help me trust that you are still working. Remind me that joy will come again.

Teach me to see the good things you are doing now. Even small moments of kindness are gifts from you. Fill my heart with hope when I feel unsure.

One day I will look back and smile. I will see how you carried me through. Until then, help me stay close to you.

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