



Fruit of the Spirit

Joy - Lesson 4

"Always be full of joy in the Lord. I say it again - rejoice!" Philippians 4:4

Circle Time

Do you guys remember last week when we talked about how the Holy Spirit gives us joy that overflows, even in hard times? Can we have this kind of joy without God? No! With His Spirit in us we can choose to rejoice even in hard times.

When we are full of joy it also overflows in how we treat others. We need to choose to bring joy to others and say things that will be a blessing to them. We can be "Joy Givers" when we use good manners like saying "please" and "thank you," or when we say "I'm sorry, I was wrong" or "please forgive me." We can choose to bring joy to others throughout the day. But what does that look like?

If someone borrowed a toy from you and broke it you could tell him/her, "That's okay. No big deal. I know you didn't mean to break it. I break things sometimes, too. We all do." Or if you can't have your favorite meal for dinner you can bring your parents joy by saying, "That's okay. I am sure whatever you make for dinner will be super YUMMY!" What if your teacher asks you to pick up toys in the classroom? How can you respond to bring the teacher joy? You could say, "I would be happy to help clean up the toys." Then go over right away and start cleaning up without arguing or grumbling about it. Doesn't that bring us more joy, too? Yes. When we are "joy givers" our joy grows as well.

What about whining? Does whining bring others joy? Does it bring you joy? No WAY! What about complaining? Say the following in a whiny, complaining voice: "I don't want chicken for dinner!" Would that bring joy to the person who worked hard on making you dinner? NO WAY! Whining, complaining, having a bad attitude, and talking badly about others are all "Joy Swipers." They steal our joy and leave others feeling upset instead of full of joy.

Rather than being "Joy Swipers" we can choose to be "Joy Givers" by being full of the joy that only God can give. We need to learn to speak words of praise and thanksgiving at all times. How can we go through our day and be full of joy and be "Joy Givers"? We need to talk to God all day long and

He will give us joy. God's joy in us will overflow and He will help us see the people around us and the ways we can share God's joy with them. Remember our verse: "Always be full of joy in the Lord. I say it again – rejoice!" Philippians 4:4. Let's all stand up and say it together!

Prayer Time

Share prayer requests and pray together.

Activity Time

The goal of this time is to utilize a variety of engaging activities –passive and active play, crafts, application, and more – to reinforce what was taught in the lesson. While you may not get to every activity, we encourage you to complete the "Take-Home" activity so children leave with a tangible reminder of what was discussed today.

If numbers are high and/or time and space allow, you may want to use a center format: divide the class into groups (one for each activity) and rotate through the centers after an allotted time.



The Great Verse Race

Supplies:

2 small bins

Ping-Pong balls (8-10 per bin)

As a group, go over the memory verse two times. Then split the small group in half to form two small teams. Set the bucket of Ping-Pong balls between the two teams. Then place one small bin about three/four feet away from each team. When you say "go" have them work together to say their memory verse by saying the verse one word at a time, alternating with their teammates. When the first person says "Always" he/she throws a Ping-Pong ball into the bin (have them keep trying until they make it) and then the next teammate will throw another Ping-Pong ball into the bin and say the next word of the verse ("be"). Continue until the entire verse has been said three times. (Note: The children can line up like in a relay race behind each other and it doesn't matter if the teams are uneven.)

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Joy to Others

Supplies:

Empty supply bin

Toys/books

Have each child choose one toy or book from the room and put it into the bin. Have the children then sit in a circle around the bin. One at a time, hold up each object. The child who put that object in the bin raises his or her hand. Then the leader makes a positive comment about each child and how they

have seen he/she play with that toy. (Example: I've seen Tommy build with the Lego blocks. He does a great job sharing with his friends and cleans up after he is done.) Let the kids do it a second time but help them compliment and bring joy to each other instead.



Meals Full of Joy

Supplies:
Play food

Make pretend meals for each other like you would for a friend or neighbor and joyfully share it with them. When each receives their food, have them practice speaking in a way that would be joy giving rather than joy swiping.



Joy Cards

Supplies:
Heart stickers (1 per child)
Ribbon/yarn (3 pieces per child)
Pre-printed card (1 per child)
Glue

Give each child a card. Read the kids the inside of the card: "I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit." Hebrews 15:13. Have the children place one heart sticker in the middle of the front of the card. Then help them make a "J" out of glue just to the left of the heart sticker. Then have the children place a piece of ribbon or yarn over the glue "J". Then do the same thing on the right side of the heart but make a "Y" with the glue and have them place the ribbon or yarn over the "Y". Then they will have spelled J-O-Y with the heart being the "O." Have them decorate their cards and decide who they want to give their "JOY" cards to. Take time to pray with the kids for the people they plan to give them to.



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