

JOY

Jesus.Others.Yourself.

Sunday 16 August 2020

Age 10+ years

You can see God wherever you see love, JOY, peace, patience, kindness, goodness, faithfulness, gentleness and self control

Prayer

Dear God,
Knowing you love me
fills my heart with joy.
Help me be a joy to others.
In Jesus name, **Amen**

To Listen

Blessed be the Name of the Lord.
<https://www.youtube.com/watch?v=PnWKeHSOXu8>

This song is about praising God through the good and the bad times.

James 1:2-3 My friends, be glad, even if you have a lot of trouble. You know that you learn to endure by having your faith tested.

To Do:

- **Practice JOY** this week - Bring joy to another family member by doing something nice for them. When they say "Thank you," respond by saying, "Share the joy!" It is their turn to surprise someone. For joy to flourish, we need to focus on Jesus, others and then yourself.
- **Joy Jar** - Get a jar with a lid. You may like to decorate it. Cut up the bible verses on the next page and put them in the jar. When you're feeling sad and need some joy, pull a verse out and talk about it. Or maybe once a week take out a verse and talk about it with your family and read the verses around it. When you focus on the joy of being a child of God, it is harder to be sad!
- **Paint or draw** a picture a sunrise. Think about how creative God is and how much fun he must have mixing colours every day.

JOY

Happiness is a glad feeling that depends on something good happening. It doesn't last. Joy is gratitude, contentment, optimism and sense of freedom.

An example of the difference between happiness and joy: We might feel happy heading out to spend a day at the beach with friends. If it suddenly begins to rain, instead of feeling happy, we would probably be disappointed. Perhaps the adults agreed to visit a museum and have an indoor picnic instead. Someone who decides to make the best of the day and enjoy the exhibits is **choosing** to forget about being disappointed and to be joyful. On the other hand, if someone pouts all day due to missing out on going to the beach, he or she is **choosing** to be unhappy.

If you have gratitude, humility, forgiveness, faith, hope, patience and love and take away anger, fear, worry, materialism, greed, jealousy, complaining and pride, you have **JOY!**

Joy looks out and up, not inward

Often we think that *getting* something will make us happy. We tell ourselves, "If only ..." But joy and happiness come much more from **giving** and **helping others** than from **getting**. The apostle Paul reminded his listeners that Jesus had taught this very thing: "There is more happiness in *giving* than in *receiving*" Acts chapter 20 verse 35.

Bring joy to an aged care resident by writing/drawing a letter and sending it to a local aged care home or go to lettersagainstiso.com an initiative by a year 12 student from MacRobertson Girls High School that sends letters to aged care facilities around Australia.

Check out this wonderful project.

<p>Habakkuk 3:18 I will rejoice in the LORD, I will be joyful in God my Saviour.</p>	<p>John 15:11 I have told you this so that my joy may be in you and that your joy may be complete.</p>
<p>John 16:22 Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.</p>	<p>Acts 20:35 the Lord Jesus himself said: 'It is more blessed to give than to receive.'</p>
<p>Psalms 68:3 But may the righteous be glad and rejoice before God; may they be happy and joyful.</p>	<p>Acts 13:52 And the disciples were filled with joy and with the Holy Spirit.</p>
<p>Philippians 4:4 Rejoice in the Lord always. I will say it again: Rejoice!</p>	<p>Proverbs 15:30 Light in a messenger's eyes brings joy to the heart, and good news gives health to the bones.</p>
<p>Psalms 118:24 This is the day the LORD has made; We will rejoice and be glad in it.</p>	<p>Psalms 30: 5 weeping may stay for the night, but rejoicing comes in the morning.</p>
<p>John 17:13 "I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them.</p>	<p>1 Thessalonians 1:6 You became imitators of us and of the Lord, for you welcomed the message in the midst of severe suffering with the joy given by the Holy Spirit.</p>
<p>Psalms 47:1 Clap your hands, all peoples! Shout to God with loud songs of joy!</p>	<p>Proverbs 17:22 A cheerful heart is good medicine,</p>
<p>1 Peter 1:8 Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy,</p>	<p>Romans 15:13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.</p>
<p>2 John 1:12 I hope to visit you and talk with you face to face, so that our joy may be complete</p>	<p>Luke 15:7 Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.</p>
<p>Philemon 1:7 Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people.</p>	<p>1 Thessalonians 5:16-18 Always be joyful and never stop praying. Whatever happens, keep thanking God because of Jesus Christ. This is what God wants you to do.</p>