# Joy-Full

## Lesson Introduction

Consider where joy or pleasure comes from. The world's markets of pleasure, sell whatever feels good. If it feels good, then it is open to market for sale. Just because something makes us feel good does not make it right. We have seen those who sell pleasure at the same moment steal a child's innocence and purity all for the sake of making the buyer feel good. Sinful pleasures may bring joy to some for a season but they also bring an eternal penalty of death and pain.

The world madly seeks after pleasure. Yes, there is pleasure to be found in the sinfulness of the world. To say that sin does not give pleasure would be a lie. The Bible states, "Sin has it's pleasure for a season. (Hebrews 11:25)

One of the problems with the joy or pleasure that the world gives is that it is only temporary. The quest and search for worldly pleasure is maddening. What once brought pleasure, next must be increased to bring the same level.

In contrast, the pleasure or joy that comes from knowing and serving Jesus, is an increasing joy, and is everlasting.

True joy that comes from life in Jesus, versus the joy that comes from the world, is very different. The world's joy is self centered and temporary. Jesus' joy is uplifting and eternal.

Flash Point

Joy-Full: The saddest time's with Jesus, are better than the happiest time's without Him.

# LESSON NINETEEN

## Memory Verse

Flash Point

Joy-Full: The saddest time's with Jesus, are better than the happiest time's without Him.

## PREPARATION LIST

Prepare all songs and story pictures. Trace and color the songs and pictures onto transparencies or larger pieces of paper. If any items are not available, attempt to locate acceptable substitutions.

**Welcome:** Mad Scientist (MS) costume
**National Anthem:** National flag
**Game #1:** Paper, peanuts, gloves
**Game #2:** Spoons, cups, lemons
**Special Emphasis:**
**Offering:** Containers for offering
**Announcements:** Flyers for next meeting
**Lesson Introduction:** Bread
**Memory Verse:** Transparency or posterboard
**Bible Story:** Posterboard
**Object Lesson #1:** Disposable cups
**Object Lesson #2:** Plastic flower
**Object Lesson #3:** Paper
**Object Lesson #4:** Toy snake

# Kids Club Rally

**Welcome:**
**KIDS Rules**
**Prayer** _____
**National Anthem** _____
**Theme Song** _____
**Praise Songs** _____
**Review Questions #1** _____
**Game #1** Joey Full
**Review Questions #2** _____
**Game #2** Do It Right
**Special Emphasis**
**Offering** _____

**Worship** _____
**Special Ministry** _____
**Announcements** _____
**Lesson Introduction** Burnt Bread
**Flash Point:** Joyful: The saddest...
**Memory Verse** Proverbs 17:22
**Bible Story** Joy
**Object lesson #1** It's U! It's Me!
**Object lesson #2** Joy-Full?
**Object lesson #3** Won't Stay Up
**Object lesson #4** Playing With...
**Story Time** Once Was Enough
**Ending Prayer**

# JOY-FULL

## Welcome

**Props:** Mad Scientist (MS) costume, large empty cola bottle.
**Preparation:** Dress a volunteer to look like a mad scientist. (Be creative.) The cola bottle can be empty or nearly empty. Padding to make his stomach look full.
**Leader:** Today's lesson is 'Joy-full,' or joyful. Let's practice different expressions of joy. Repeat with me, "I love Jesus yes I do! I love Jesus! How about you?" Play with the kids and have them say it soft, slow, loud, fast, standing on one foot, jumping, etc.
**Mad Scientist:** Comes out with an almost empty large bottle of cola. He burps loudly. Hi again! I hear you talking about me again! **Leader:** What do you mean we were talking about you again. All I did was announce to everyone that today's lesson was about being joyful. **MS:** Yes! (Stomps his foot, acting angry). There you go again. Why are you telling everyone my secret? **Leader:** Acting puzzled. What do you mean your secret. **MS:** Oh, you are just acting innocent. You know my secret middle name is Joey. (Holding up the empty cola bottle.) Now you went and told everyone my secret middle name, 'Joey" and you saw me drinking this big bottle, so you told them 'Joey' was 'full.' **Leader:** (Laughing) Oh, Now I know what you're talking about. No, I did not tell them your secret middle name was Joey, You did! And no I did not tell them you were full! But if you drank all that cola you should be full! **MS:** I need to go somewhere, my stomach is too full. Bye. (He waddles off).
**Leader:** Being Joy-full is much different than having a middle name called Joey, and being full of cola. Being joyful with Jesus is so special. Let's give careful attention to today's lesson.

## Kids Rules
## Opening Prayer

**Suggested prayer:** Dear Jesus, You are so special. Thanks for giving us such special gifts. Your gift of joy is a very good gift. Please help us to learn how to be joyful. In Jesus name. Amen.

## National Anthem
## Praise Songs
## Review Questions

**1. Finish the Flash Point. Tenderhearted...** with an open hand not a fist!
**2. Finish the Flash Point: Patience:** Hard 2 find. Important 2 have.
**3. Finish the Flash Point: Generosity...** gives us velocity to grow and go.
**4. Finish the Flash Point: (With actions) Character:** It's not there. It's not there. It's there!

## Game #1
### Joey Full

**Props:** Paper, peanuts, gloves, sunglasses, cups.
**Preparation:** Divide the peanuts (preferably in the shell.) into two equal amounts. Place each in separate containers. Roll a piece of paper into a paper cone shaped cup (Make two and secure with tape). Make a name tag for each catcher. The girl catcher is to be called Joy, and the boy, 'Joey.' Encourage cheering.
**Participants:** Recommend eight players.
**Game Rules:** One player from each team is chosen as the 'Joy' catcher. The two catchers are to put on their sunglasses and sit (back to back) on stools or chairs, about three meters in front of their teammates. On the signal to start their teammates are to gently attempt to toss one peanut each into the cone shaped cup in their catchers cone (held in the mouth). The first team with the most peanuts in a cup (or a full cup) or at the end of (suggestion) seven rounds is declared the winner. Count to see which side has the most peanuts in their catchers cups. Suggest allowing the audience to shell and eat the misses.

## Review Questions

**1. Finish the Flash Point: Faithfulness...** never leave home without Him.

**2. Finish the Flash Point: Tenderhearted...** with an open hand not a fist.
**3. Memory verse, Revelation 19:11. I saw heaven...** open, and there was a white horse, whose rider is called Faithful and True.
**4. Memory verse, I Cor. 15:33.** Do not be fooled: Bad company corrupts good character.

## Game #2
### Do It Right

**Props:** Spoons, cups, lemons, sugar, straws, ice, container, water.
**Preparation:** Prepare all the items needed for making lemonade. Feel free to add, subtract, or combine steps as needed. Suggest writing out the instructions on eight pieces of paper to be followed in proper sequence.
**Players:** Two teams of four players each.
**Playing:** Both teams are to receive several lemons (or appropriate substitute). Both teams line up and each appropriate player are given their parts to making lemonade. On the signal to start each teammate is to quickly do their part in the proper order. (Demonstrate first and have helpers ready). Each item is to go in proper order. Warn: If the proper order is mixed up the team forfeits the game to the other team. Part of the game is being able to follow directions.
**1.** #1 is to quickly squeeze their lemons into the prepared container. **2.** #2 on each team next pours in an appropriate amount of water. **3.** #3 puts in the sugar. **4.** #4 has a spoon and stirs the drink. **5.** Back to #1 contestant who puts in the ice. **6.** The #2 in line has a straws and places one in each glass. **7.** The #3 pours the drinks. **8.** The #4 serves the juice and everyone on the team drinks as quickly as possible.
The team that finishes first and follows directions is declared the winner.

## Offering
## Children in Special Ministry
## Worship
## Announcements

## Lesson Introduction
### Burnt Bread

**Props:** Bread.
**Preparation:** Prepare a piece of burnt bread.
**Presentation:** Hold up a fresh piece of bread. How many know what bread is made of? (Give audience time to reply.) Yes, bread is made up of flour, water, yeast, perhaps butter, sugar, and oil. The quality and good taste of the bread is determined by what goes into the ingredients. Offer the audience a taste.
If all the ingredients in making bread are correct, it still doesn't make the bread taste good. What would happen if the baker forgets to remove the bread from the oven? (Encourage a response.) Yes, the bread will turn out burnt and will taste bad. Bring out the burnt piece of bread and offer a sample (ask for a taste report). There is a big difference between fresh well made bread and burnt or ruined bread. The same is true for those who claim they have joy and those who know Jesus and are joy-full. Today's **Flash Point: Joy-Full: The saddest time's with Jesus, are better than the happiest time's without Him.**

## Quiet Seat Time

## Teaching Tip

After your meeting, is it possible for you to feed all the children included in our weekly ministry. The purpose; like a shepherd we want to care for our sheep.

## Memory Verse

A joyful heart is good medicine, but a broken spirit dries up the bones. Proverbs 17:22

**Props:** Transparency or poster of today's scripture verse. It can be used as a coloring page for the class or as a take home item.

# JOY-FULL

**Preparation:** Practice and become familiar with today's memory verse. Use the music provided on the Kids Praise and Worship tape.

**Presentation:** We have to learn how to be joyfull. Some people find joy comes from being around their boyfriend (girlfriend). But when their boyfriend or girlfriend disappear, often so does their joy. In fact that is the themes of many of the songs on the radio. How somebody's heart was broken. A broken spirit, even if it comes because we lost the person we loved, ends up stealing away our joy. The Bible says, "A joyful heart is good medicine, but a broken spirit dries up the bones." Proverbs 17:22

Jesus is not like many boyfriends, girlfriends. He will never leave us and the Joy He brings us is like good medicine. Sing today's memory verse.

## Flash Point

**Props:** List of Flash Points.

**Review:** Practice all **Flash Points** with actions and definitions.

A person not living for Jesus, can be happy. Yet the happiness they have is only temporary.

**#1. Character: It's not there. It's not there. It's there!**
**#2. Patience, hard 2 find. Important 2 have.**
**#3. Generosity gives us velocity to grow & go.**
**#4. Tenderhearted with an open hand not a fist.**
**#5. Faithfulness: Never leave home without Him.**
**#6. Joy-Full: The saddest time's with Jesus, are better than the happiest time's without Him.**

**Flash Point: Joy-Full: The saddest time's with Jesus, are better than the happiest time's without Him.**

## Bible Story

### JOY

**John 15:11-17**

**Props:** Poster board, operating manual, or book of instructions.

**Preparation:** Read today's scripture passages in order to familiarize yourself with truths in this passage. On three separate pieces of paper write a big letter **J O Y.** In smaller print, write out the words, **J**esus **O**thers, **Y**ou.

**Presentation:** Some people are sad people. Some sad people are also mad or angry people. There are many reasons some people are not happy. One of the **Biggest** reasons some people are not happy people is because they did not read the instructions. Or if they read the instructions they did not follow them. Let me explain. (Hold up an instruction booklet). Here I have an instruction booklet on how to use my camera (use whatever instruction booklet available and feel free to substitute items). It has 220 pages of instructions on how to best use the camera.

If I had not read the book, I would not know how to use everything on my camera. It would be frustrating not being able to know how it works.

If I have a problem, the instruction book helps me find out how to fix it. The creators of my camera were very smart to include an instruction book with the camera.

God is smart. He is our creator and He knew we would need instructions on how to best enjoy our lives. I must confess, when I buy something often the last thing I do is look at the book that comes with it (If this is not your habit then state the opposite). That is often a BIG mistake.

It is a bigger mistake to try to live our lives without reading God's instruction book. One of the instructions in God's instruction book is, "How to have joy." The Bible's directions are very clear. The Bible says, "Love one another as I have loved you, so that your joy may be complete." John 15:11-12 NIV The instructions are simple. (Call in three helpers with the JOY posters.)

J O Y, spells joy. 'J' stands for loving Jesus. 'O' stands for others. 'Y' stands for you.
#1. If you love Jesus and follow His directions, you will find joy.
#2. 'O' you must learn to love others. Jesus said this is part of learning to find joy. Being selfish is a very good way to be mad, and sad, but not glad.
#3. You must learn to love yourself. Believe it or not many people hate or dislike themselves.
The instruction book, "the Bible," teaches us that His joy will become complete when we follow these directions.
There are many angry, and sad people in the world because they have not read and obeyed His instruction Book. What is the name of the instruction manual? (Encourage a response. The Bible!) Practice learning the instructions for Joy (above) using the posters. **J O Y**, spells joy. **'J'** stands for loving **J**esus. **'O'** stands for loving **O**thers. **'Y'** stands for loving **Y**ourself. Practice this with the audience until they are comfortable and can remember what the ingredients or directions are to finding **JOY**. **Flash Point: Joy-Full: The saddest time's with Jesus, are better than the happiest time's without Him.**

## Object Lesson #1

### It's U! It's Me!

II Corinthians 4:7

**Props:** Disposable cups, container with water for juice, bowl.
**Preparation:** Remove the bottom out of one cup. The second cup place several small (pin size) holes, that are nearly invisible. Have an empty container to catch spills. Prepare juice (Recommend a flavor either you or the children would enjoy, such as grape juice.)
**Presentation:** Hold up the cup with the bottom removed. What is wrong with this cup? (Encourage responses.) Holding out the container of water, would you like me to serve you some juice using this cup? I don't think so. This cup is much like someone who does not have Jesus in their heart. They may hear about Him but it goes in one ear and out the next. Demonstrate by pouring water or juice into the glass. If we do not decide to follow Jesus all the good things in the world will not be able to stay with us. I did not say that we would not receive good things. Even this cup can get something good (pour in more juice). But this cup will never be able to hold on to any of the good juice that is poured through it. Sa-Yang! (A Filipino word for "What a waste." (Sounds like sigh young.) Have your class repeat it. A cup with no bottom is like someone who will not follow Jesus. Sayang! (All repeat).
Hold up the second cup. (Do not reveal that there are holes in the bottom). This cup is much better. See it has a bottom (Show audience). This cup is like someone who decides to follow Jesus. When we decide to follow Jesus, He begins to pour out a blessing on us. How many of you would like to have me serve you some of this delicious juice using this cup? Remember this cup is like someone who has asked Jesus to forgive their sins, and they have decided to follow Jesus. (Encourage raised hands of volunteers for the juice.) OK. Now I will pour some juice. Pour the juice into the cup with the small holes in the bottom. Act surprised as the juice begins to drip out. Wait a minute. Let's think about this. If this cup is like you and me if we have decided to follow Jesus then why is it leaking? The answer is found in the Bible. We are told that we are like leaky cups. When we are filled with the Joy of Jesus, we are going to leak some out. We can share from a leaky cup, (Fill smaller cups out of the leaky cup and give it out.) But what happens when the leaky cup is empty? If we are talking about joy, then we would be out of joy. What do we need to do with this leaky cup? We need to fill it up again. The only way to stay full of joy is to go back to Jesus. We need to keep going back and getting refilled from Him.
**Flash Point: Joy-Full: The saddest time's with Jesus, are better than the happiest time's without Him.**

## Object Lesson #2
### Joy-Full?

**Props:** Plastic flower.
**Preparation:** Suggest having either a very young couple play this part, or a pretty girl.
**Presentation:** Some people claim they are happy. If someone claims to be happy and are not living in obedience to God they do not know true joy. Knowing Jesus introduces us to lasting and complete joy. There are many ways to think you have happiness. Let's view some people who think they are happy.
#1. Boy and girl enter. (Ham it up - over play the part, act it out. They are obviously in love.) He says, "I love you!" She says, "I love you too." He brings a plastic flower from behind his back and gives it to her, and tells her how pretty she is. She screams at him, "A plastic flower! You cheapskate! See if I ever talk to you again!" She throws the flower down and stomps away. (Boy looking sad). Picks up flower and says, "I guess I can give it to my mother, she might like it." **Boy exits**.
**Leader:** Joy without Jesus is only temporary. Joy with Jesus will last forever. Your relationship with Jesus and others will take work. Every day we need to take care of our relationship with Jesus first. Then we need to take care of our relationship with others. If you ignore Jesus, your joy will vanish. If you ignore your relationship with others your joy will not be complete either. Remember the ingredients for **JOY**: **J**esus, **O**thers & **Y**ou. Let's say it together. (Repeat, Jesus, Others, You.)
**Flash Point: Joy-Full: The saddest time's with Jesus, are better than the happiest time's without Him.**

## Object Lesson #3
### Won't Stay Up

**Props:** Paper.
**Preparation:** Make several paper airplanes.
**Presentation:** Distribute several paper airplanes.

Tell those who received the paper airplanes that they represent joy. Ask them to throw the airplanes straight up in the air as far as they can (Perhaps 2 or 3 times). After the airplanes have gone up, and come down explain: Joy or happiness act the same way as these paper airplanes. In our own strength we can work to be happy but, what happens when we try to make ourselves happy? (Encourage a response). What happened to the paper airplanes? Yes, they all came back down. In fact some of them came down and crashed. (Collect the airplanes.) "Look!" The airplanes that crashed are bent, some even dirty and torn. What would it take to send these airplanes up and for them to keep on flying higher and higher? If I went to the top of the tallest mountain, or building (name local landmarks) and threw the airplanes from them would they stay in the air? Maybe for a few moments longer, but still they would come down. What would it take to make it so they could go higher and higher? How about to the moon or even further?
The answer to that is, a power stronger than ours. We can not sail these paper airplanes to the moon. Nor can we be happy without a crash. Unless we learn to find our joy and happiness in Jesus. If you are looking to find joy or happiness. He is right here waiting for you. You need to ask Jesus to come into your heart. (Good time to pray with the audience to have a right relationship with Jesus.) **Flash Point: Joy-Full: The saddest time's with Jesus, are better than the happiest time's without Him.**

## Object Lesson #4
### Playing With the Snake

**Props:** Toy snake.
**Preparation:** Suggest taking and stuffing a sock (or two socks). Glue eyes onto it and make it to look like a snake. Sew or attach on a label (like a manufacture's label.) On the label print, "Made by Satan. Designed to deceive and destroy any child who plays with it. Intended for human destruction.

Ingredients, drugs, rugby (glue), evil intentions, evil thoughts." (Add other ingredients as desired.)
**Presentation:** Leader or helper comes out and describes a child who insists on playing with the snake. (Leader can play both parts) The parents remove the snake from the child, but every time they do child the will go out and find it again. Pretend to throw the snake away, then acting the part of an unhappy disobedient child, go and find it. The parent tries to explain that the snake is harmful. Read the label. Explain that it is dangerous. To the audience. Would any child be foolish enough to play with a poisonous toy snake? Would you? (Encourage a response). The answer is, 'yes.' There are millions of foolish children and parents who disobey God, and choose to disobey their parents to play with the creations of the Devil.
No matter where the parent tried to hide the toy snake the child would always find it. Take the snake, cuddle it, hold it close, kiss it, treat it like your best possession or friend. In the end a child will either be killed by the snake or the child will get so sick from the devil's toy that they will seek deliverance. False joy is sold by Satan. Real joy is something that comes from living for Jesus. Take the snake and throw it on the ground, stomp on it. Kneel down, and explain, that just like an adult, a child who wants to be delivered from the traps of the Devil must come to Jesus to be set free. We cannot do it in our own strength.
The joy and happiness that comes from Jesus is very different than the happiness that comes from disobeying Jesus. Satan's joy is temporary and deadly the Jesus' joy is eternal.
**Flash Point:** Joy-Full: The saddest time's with Jesus, are better than the happiest time's without Him..

## Story Time
### Grandpa's Goat

**Picture 19:1** Living on a farm can be fun. Shawn liked coming to his grandfathers farm for the summer, and during school days on the weekends. Even feeding the animals, and looking for the chicken's eggs was fun. He and his sister Anita liked to play with the animals.

There was always something happening around the farm. But don't forget, just like everywhere else, not everything a the farm is considered fun. Shawn knew one thing on the farm that he did not like. It was one of the animals. The problem was that this animal was smart. It often did not let you see it, until it was too late. The animal Shawn did not like, was not very big, but it was mean. Shawn and Anita were looking all around, Shawn was peeking around the barn very carefully, but did not see the billy goat that he was afraid of until...

**Picture 19:2** All of a sudden, smack, Shawn went flying into the air. That mean billy goat found him first. Shawn picked himself up off the ground and quickly ran and jumped over the fence. Shawn and his cousin Anita didn't like the goat at all. Shawn was very busy trying to figure out a way to pay that old billy goat back for all the times it butted both he and Anita. Shawn's grandpa who owned the farm, had always told them that they had to be kind to the dumb animals, but Shawn was sure that the billy goat was not dumb. In fact he thought the billy goat was very smart.

**Picture 19:3** One summer day Anita and Shawn were down by the little stream that ran through grandpa's property. They were keeping low, because they did not want the billy goat to see them. While they were by the stream ,they were finding all kinds of fun things, different shells, frogs,

rocks, and flowers. It was so much fun exploring, but they never forgot that they were in the mean billy goat's territory. We live in a world that is filled with wonderful things that God has made. He gave us a wonderful world because he loves us. Still we need to remember that there are other forces out there, like the mean billy goat that want to make out lives miserable. Anything good that God made for us, the enemy wants to steal from us.

**Picture 19:4** At one spot on the creek bank Shawn peaked over the bank to see where the billy goat was. He saw him out eating some grass in the middle of the field. Shawn thought of great idea that he thought might be a great way to get back at that old billy goat. He whispered to Anita that if they were to wave their arms at the billy goat. They would make him mad enough to charge, then at the last minute they could duck down, and the billy goat would jump over them into the creek and get wet. They could quickly run and jump over the fence to get away. Anita thought it might work, and Shawn decided to try it first. He knew that it all depended on the timing.

**Picture 19:5** Shawn stood up and began shouting and waving his arms at the billy goat. The goat saw shawn and he charged as fast as he could to butt into Shawn. At the last minute just as Shawn had planned, Shawn ducked down and the billy goat already going too fast to stop, sailed over the top of Shawn and Anita, landing with a

surprised splash in the creek.

Shawn and Anita laughed and laughed as they ran to jump over the fence. They made it before the billy goat was able to catch up to them. They though this was a fun game. Whenever the billy goat butted them they would pay him back by tricking him into jumping into the creek. One day Grandpa caught them doing it, and he spoke sharply to Shawn and Anita, and told them never to do it again. He said, they were being cruel to a dumb animal. Shawn and Anita obeyed their grandpa, but they continued to be careful around the billy goat. A couple of weeks later summer was over and they had to go back home because school was starting.

**Picture 19:6** It was grandpa who was always outside looking after the farm. One day after the grandchildren had gone back to school, grandpa was out feeding the chickens. All of a sudden without warning the old billy goat butted grandpa in the bottom. Grandpa picked himself off the ground, his bottom hurt. The old billy goat wasn't so dumb. He ran off to the other side of the field, and almost looked like he was laughing at grandpa. Grandpa went on doing his chores rubbing his bottom, from time to time. As grandpa was doing the chores, he thought about what his grandchildren did to get even with the billy goat, and grandpa began to chuckle. Soon grandpa was creeping down the creek bank without letting the goat see him. Grandpa was going to get even with that billy goat.

# LESSON NINETEEN

**Picture 19:7** When grandpa stood up he was laughing, as he began waving his arms, and handkerchief, calling the old billy goat names just to get the old billy goat angry. Sure enough in a few moments the old billy goat came charging at grandpa as fast as he could run. Grandpa was ready. He knew that timing was everything, and that he had to duck down at just the right moment. Right before the goat was ready to butt into grandpa, he ducked down, to let the goat sail over him into the creek.

**Picture 19:8** When grandpa crouched down, he did not pay attention to the reeds, a tall slender plant, about the width of a pencil, that grew along the creek. But as grandpa crouched down one of the hollow reeds, poked him right up the nostril (nose). Ouch! It hurt! Grandpa did not even think, he instinctively raised up, and bang he and the goat met, head to head, both ending up in the creek. Grandpa and the goat both were wet and splashing around. Grandpa, had a bad headache, and headed for home.

**Picture 19:9** Grandpa went to bed for awhile. Both his eyes were very black and grandma was worried about him. She asked him how it happened. Grandpa did not want to tell her. Grandma insisted and made grandpa tell him the whole story. Grandpa always had a good sense of humor, but it took him awhile before he saw the funny side of that mean old goat.

**Picture 19:10** The next day, was Saturday and Shawn and Anita came to visit just for the weekend. When they arrived they found grandpa in limping around with two black eyes. Shawn and Anita hurried and helped grandpa do the chores. Anita brought grandpa some pretty flowers down from down by the creek. Shawn brought grandpa a frog. When they asked Grandpa what happened, he just told them he had an accident. He had already told grandma not to tell anyone what happened. It was many years later before grandpa ever confessed what really happened on the day he tried to copy his grandchildren. When he finally did, they all had a big laugh about it.

We live in a wonderful world. As we enjoy what God has created, don't forget there are also those who would like to steal you joy. Keep your heart tied to Jesus. Don't let the old billy goat's in life steal your joy.

## Wrap Up

True Joyfulness comes because we know the Creator of Joy. When we know Him and are filled with Him, even our down days are happier than our best days ever were before we knew Him. (Think about it).

## Closing Prayer

Dear Jesus, Please help me to be filled with your Joy. I know you are the giver of joy, and true joy comes from knowing you. Help me Jesus to live for you. In Jesus name. Amen.