

# JOY

## *Bearing fruit at home*

### *What is joy?*

Joy comes from the Lord in good times and bad. It is a deep sense of well-being that is not determined by our circumstances. Gratitude and joy go hand in hand as we focus on Him and all that He has done for us.

*The Lord has done great things for us,  
and we are filled with joy.*

*Psalm 126:3*

# Parents / Teens

## BEST USE

An activity with older children/teens to discover joy from a Biblical perspective and understand it is possible to have joy regardless of circumstances

## ADVANCE PREP

A Bible or device that has a Bible and a dry erase marker

### *Step One*

Ask everyone what comes to mind when they hear the word joy. Ask if there's a difference between joy and happiness.

### *Step Two*

Read James 1:2-4. Would a person be happy when they are going through a trial or hard time? (Not likely.) So how could they have joy? What does this passage say about trials or the testing of your faith?

### *Step Three*

Joy is available regardless of circumstances. What are some tough things you or those you know have experienced in the last few years? Did you/they seem to have joy in the midst of those tough times?

### *Step Four*

Joy is not something we can just muster up on our own. We must look to the source of joy in order to receive it and practice it throughout life. Read Romans 15:13. How is God described in these verses? What is God filling a person with?

### *Step Five*

According to Romans 15:13, God is full of hope and is the one who can fill you with joy. Using a dry erase marker, write the word JOY on your bathroom mirror. Every time you see it on your mirror over the next few weeks, remember that God can offer you the gift of joy.