

JOY



Joy is a wonderful feeling we have when one or all of the following are true:

- things are going well for us
- we are having a great time
- we are doing something we love doing
- we find something we lost or discover something new
- we learn a new skill



When was the last time
you felt joyful and why?

Tell the person next to
you.

Hands up if you would
like to share your answer
with the class.



In the Bible it says that joy is one of the nine fruit of the Holy Spirit. This means that it grows naturally in our lives just as fruit grows naturally on a tree.

FRUIT OF THE SPIRIT

love,
joy,
peace,
patience,
kindness,
goodness,
faithfulness,
gentleness,
and self-control



Galatians 5:22-23

In your Reflection Journals write the title JOY then draw a mirror because this will be time for you to reflect on your own experiences.

Fill your page with pictures of things you do or have or places you go, that give you joy and label your pictures. Make your page as colourful as you can.

When we are going through difficult times and we feel worried or sad we can pray and ask God to help us.

As we trust Him to help us, God will give us joy and peace.

May the God of hope fill you with all joy and peace as you trust in him.

Romans 15:13

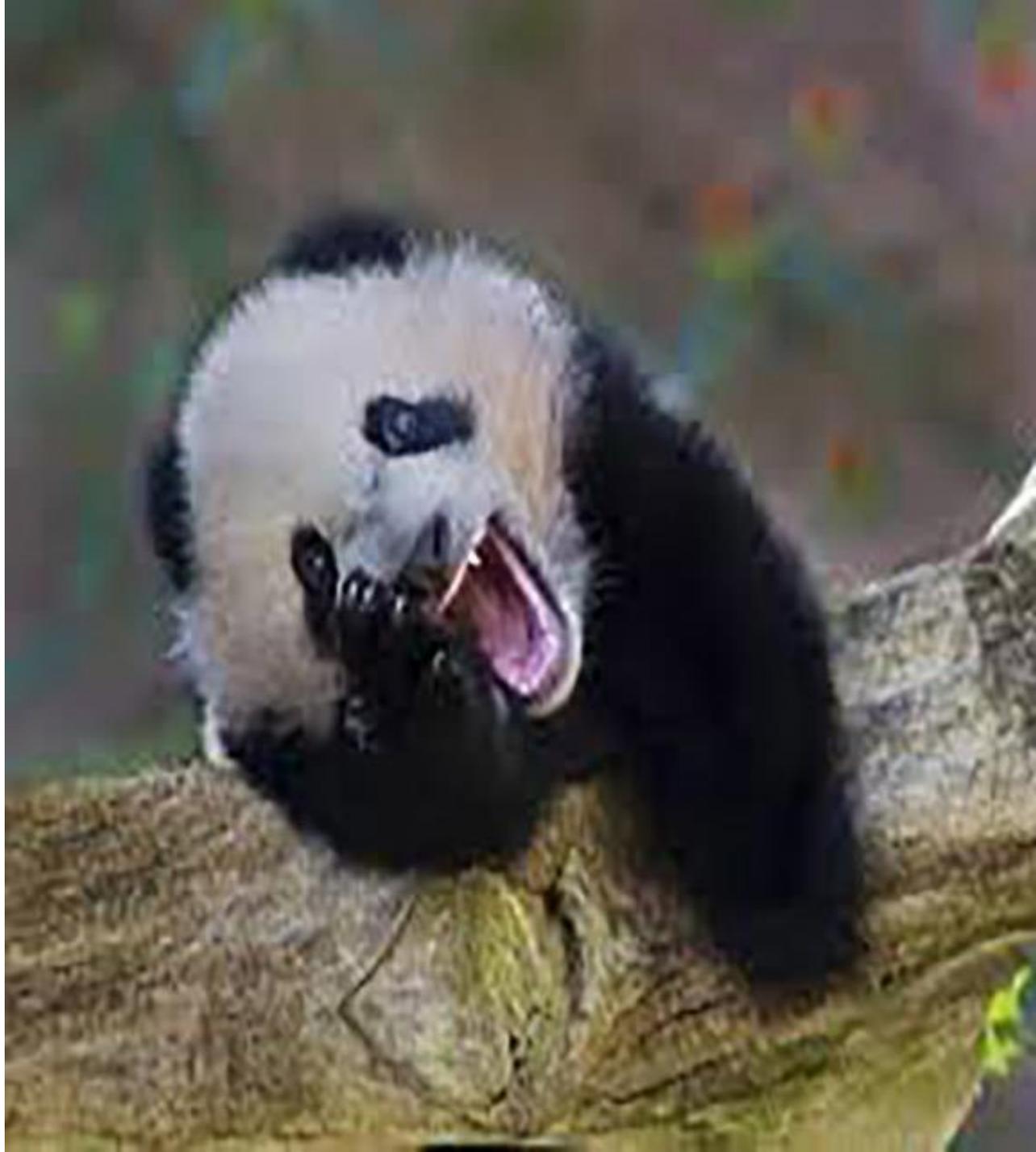
iBelieve...



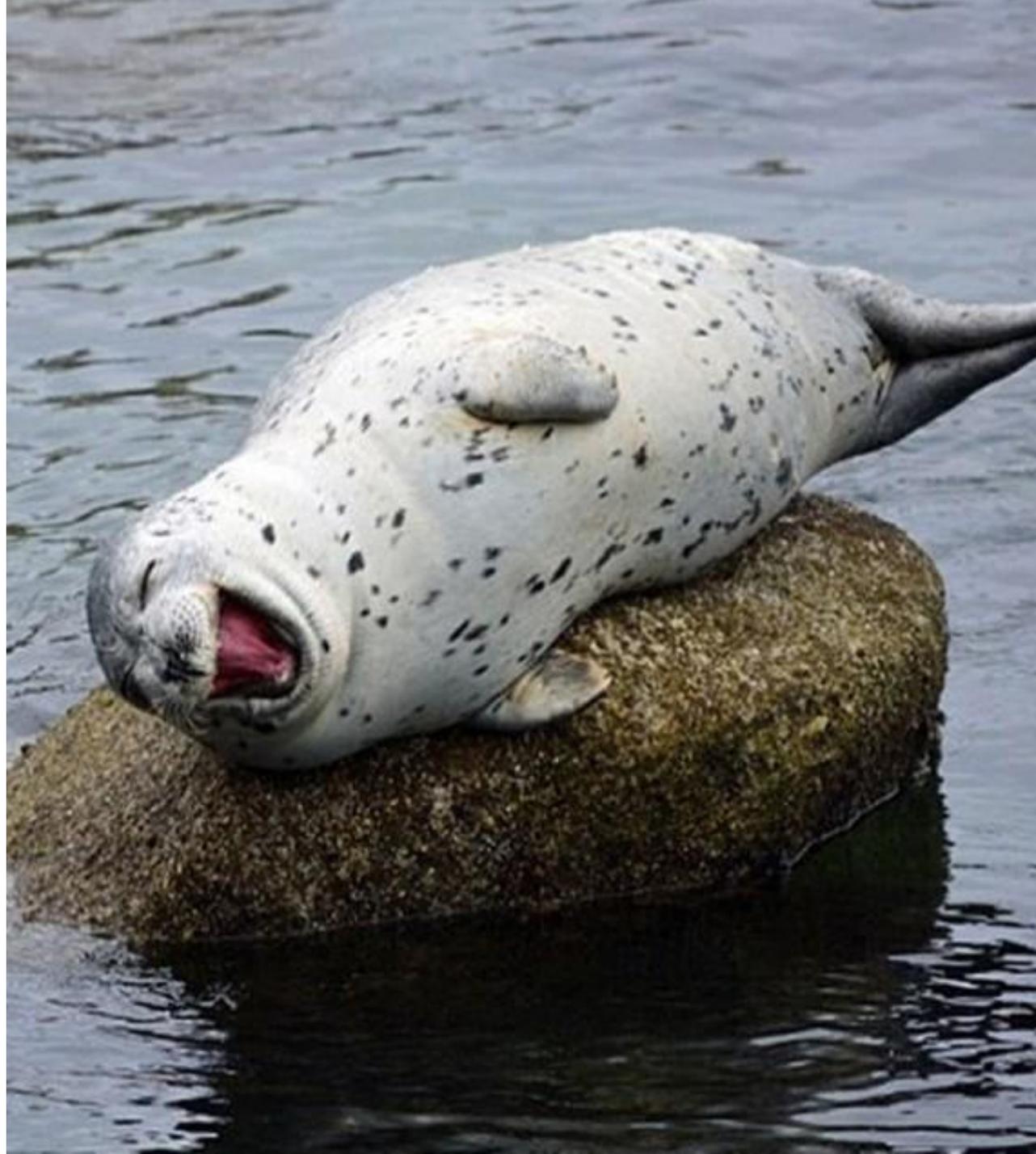
Here are some pictures to make you smile.





















Let's Pray

Thank you Jesus for all the wonderful things we have and do that give us joy.

For those of us facing hard or sad times, please help us and as we trust you to do this, fill us with joy and peace.

Help us all to have positive attitudes and find things to enjoy everyday.

Amen

