



**BIG IDEA**

Joy comes from a thankful heart.

THE LOOK OF LOVE | WEEK 2 OF 5

# Joy

## GOD STORY

Rejoice!  
*Galatians 5:22–23;*  
*Psalm 100*

## KEY VERSES

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.  
*Galatians 5:22–23 (NLT)*

## LEADER TIPS

Read this lesson plan and note which activities require preparation before the kids arrive. Remember to pray for your group!

## My Story

### 1 | CONVERSATION STARTER (2 minutes)

Lead into the lesson by discussing this week's fruit of the Spirit: joy!

### 2 | INTRO ACTIVITY (5 minutes)

Have fun spreading joy through the group as the kids try to resist smiling.

## God Story | Life Story

### 3 | WEEKLY VIDEO (12 minutes)

Watch the video, which includes host, God Story, Key Verses, and Life Story segments. Recap and discuss the teaching together.

## My Story

### 4 | SMALL GROUP ACTIVITY (12 minutes\*)

Explore ways to show thankfulness to God and others.

### 5 | WRAP-UP ACTIVITY (8 minutes)

Create posters to help the kids remember Galatians 5:22–23.

## Our Story

### 6 | DISMISSAL

Connect with parents and give them take-home materials.

\*Extend as needed and adjust the timing for other activities.



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## My Story

### 1 | Conversation Starter

**SUPPLIES**

- None

**LEADER TIP**

- Emphasize that joy is more than being happy. It's a deep, rich, full happiness that is rooted in thankfulness.

**INSTRUCTIONS**

- a. As the kids arrive, welcome them and gather everyone together.
- b. Ask: What makes you feel joy? Who or what brings you joy?
- c. Depending on the size of your group, have the kids share their answers with the people sitting closest to them or with everyone.
- d. Introduce today's Big Idea: ***Joy comes from a thankful heart.***

### 2 | Intro Activity

**SUPPLIES**

- None

**INSTRUCTIONS**

- a. Guide everyone to spread out.
- b. Choose someone to be the joy spreader.
- c. Instruct this person to attempt to make the rest of the kids smile. They cannot touch anyone.
- d. Everyone else should remain standing, keep their eyes open, and try not to smile.
- e. Direct anyone who smiles to team up with the joy spreader.
- f. Keep playing until everyone has smiled!



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## God Story | Life Story

### 3 | Weekly Video

**SUPPLIES**

- Video file

**LEADER TIP**

- Sit with the kids and encourage them to focus on the video.

**INSTRUCTIONS**

- a. Play the video. It includes:
  - Host segment
  - God Story (Rejoice! Galatians 5:22–23; Psalm 100)
  - Key Verses segment
  - Life Story (Students talk about what they're grateful for and brainstorm ideas for how to show gratitude.)
- b. Recap the video teaching. Discuss:
  - Which book of the Bible was the God Story from today? (Psalms)
  - Which fruit of the Spirit did we focus on? (Joy)
  - What was the Life Story about?
  - Where did you see joy in it?

## My Story

### 4 | Small Group Activity

**SUPPLIES**

- Thankful activity pages
- Pens
- Markers

**LEADER TIP**

- Make sure everyone's names are on their pages.

**INSTRUCTIONS**

- a. Gather your small group together.
- b. Discuss:
  - What is a psalm?
  - Have you ever written a poem or a song? If so, what was it about?
- c. Give each person an activity page.
- d. Place the pens and markers where everyone can share them.
- e. Encourage the kids to choose one of the following options:
  - Make a list of the people in your life whom you're thankful for and explain why.
  - Write a song or a poem of thanks to God.
  - Draw an artistic representation of joy and giving thanks to God.
  - Write a letter to someone you're really thankful for—and give that person your letter later!
- f. Follow up to be sure that everyone chooses one of these options and help them get started.
- g. After several minutes, invite the kids to share what they have done so far. Don't force anyone to share with the group if they don't want to!
- h. To wrap up, pray together and give thanks for what God has done in your lives.



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## My Story

### 5 | Wrap-Up Activity

#### SUPPLIES

- Key Verses sign
- Wall-safe tape
- Key Verses Poster activity pages
- Markers
- Stickers

#### BEFORE THE ACTIVITY

- Place the Key Verses sign where everyone can see it easily.

#### LEADER TIP

- Make sure everyone's names are on their posters.

#### INSTRUCTIONS

- a. Gather everyone back together.
- b. Read aloud the Key Verses.
- c. Find out if anyone can say them on their own.
- d. Give each person an activity page.
- e. Place the markers and stickers where everyone can share them.
- f. Direct the kids to make a poster that highlights Galatians 5:22–23.
- g. Encourage them to hang up their posters at home to help them remember the fruit of the Spirit.

## Our Story

### 6 | Dismissal

#### SUPPLIES

- Crafts
- Take-home cards
- Key Verses cards
- Key Verses colouring pages

#### LEADER TIP

- Organize the take-home materials so they're easy to access. It may be helpful to sort them before the lesson, then set out any crafts later. Consider having one leader focus on handing out everything.

#### INSTRUCTIONS

- a. Greet parents as they arrive to pick up their kids. Take a moment to share a highlight or two from your time together today.
- b. Give everyone a weekly take-home card.
- c. Offer a Key Verses card and a colouring page to anyone who has not gotten them this month.
- d. Remind the kids to take their crafts.
- e. Make sure their security numbers match before they leave your group's space.