



A Heart Full of Joy

PRESCHOOL LESSON

Theme: The love of Jesus fills our hearts with joy.

Scripture: John 15:9-11

Memory Verse: "I have told you this so that my joy may be in you." John 15:11a

Get Ready: Click [here](#) to get your complete supply list for this lesson.

The Children's Sermon

You'll Need:

- 2 Paper plates
- A marker

Get Ready: Before class, draw a happy face on one of the paper plates and a sad face on the other paper plate.

Do This:

SAY: What kind of day are you having today? Are you happy, (Show the happy face.) or are you sad? (Show the sad face.) What are some of the things that make you happy? (Allow kids time to respond.) Here are some things I thought of that might make you happy:

A sunny day

A party
A new toy
A puppy
An ice cream cone
A balloon
Spending time with a friend

What are some things that make you sad? (Allow kids time to respond.) **Here are some things that might make you sad:**

Falling down and skinning your knee
Feeling all alone
Losing your favorite toy
Getting in trouble
When someone hurts your feelings
When you miss someone

When you think about things that make you happy and things that make you sad, it is pretty simple. When something good happens, you are happy. When something bad happens, you are sad. Do you think Jesus wants you to be happy? (Allow kids time to respond.) **Jesus wants us to be kind, share our toys, listen to our parents, and help others. When we do these good things, we are obeying Jesus. And when we obey Jesus, His joy fills our hearts and makes us feel really happy!**

Jesus promised that if we stay close to Him and love Him, we will always have His joy in our hearts. This means we can feel happy inside no matter what, because Jesus' love is with us always.

PRAY: Heavenly Father, we know that you love Jesus and that Jesus loves us. That makes us happy. Thank you!. In Jesus' name we pray, amen.

Bible Memory Verse

"I have told you this so that my joy may be in you." John 15:11a

You'll Need:

- A Bible
- A large playing area

Do This:

Lead kids in these steps:

- Read the preschool-friendly Bible verse out loud to the class.
- Invite kids to stand up and follow you in doing some joyful movements together to help them remember the verse.

Say the verse lead kids in the following actions:

- **"I have told you this..."** (point to your mouth)
- **"...so that my joy..."** (put your hands on your heart)
- **"...may be in you."** (point to another student)
- Repeat the verse with actions a few times, encouraging the children to join in.

ASK:

- What is something that makes you feel joy?

- Why do we have joy?

SAY: Great job learning today's Bible memory verse! When we stay close to Jesus, He fills us with his joy and we can share that joy with others.

Bible Interactive Experience

You'll Need:

- A Bible
- Construction paper
- Scissors
- A marker
- A hula hoop

Get Ready: Before class, cut small hearts out of different colors of construction paper, one for each child.

Do This:

Lead kids in these steps:

- Read John 15:9-11 out loud.

SAY: Today we're learning that when we stay close to Jesus and obey His commands, we get to carry His joy in our hearts. Joy from Jesus is unlike anything else. It makes even the hardest things feel lighter.

- Have kids gather in a circle with the hula hoop on the floor.

- Invite kids to share something that brings them joy, or a way they can stay close to Jesus.
- Write their responses on a heart for them and invite them to place it inside of the hula hoop.
- Repeat verse 9a again: Jesus says, "Now remain in my love."

SAY: Today we're learning that Jesus' love gives us joy or happiness.

ASK:

- What's one way you can show Jesus you love Him?
- What's one thing you love about Jesus?

A Heart Full of Joy

You'll Need:

- "A Heart Full of Joy" video lesson
- Something to play the video

Do This:

Show the video.

ASK:

- What does it mean to have joy in your heart?
- How do you feel when you have joy?

Joyful Smiles

You'll Need:

- Goldfish crackers
- Pull-apart Red Vines
- Plates
- Napkins

Get Ready: Have kids wash their hands before the snack.

Do This:

Follow these steps to enjoy the "Joyful Smiles" Snacks:

- Give each child a plate, Goldfish crackers, and a pull-apart Red Vine.
- Invite kids to use the Goldfish crackers and Red Vine to make a smiley face on the plate.
- Enjoy.

ASK:

- Why does Jesus want us to be happy?
- Can you think of a time when you felt happy?

SAY: Jesus loves us. When we listen to Jesus, we can love others like He does.

Virtual Lesson Tip

You can do this activity with the entire family.

Jump For Joy

You'll Need:

- **A large playing area**

Do This:

Follow these steps to play the “Jump for Joy” game:

- Have kids spread out around the room.
- Explain that you’re going to call out happy things and sad things. When you call out happy things, kids should jump up and down. When you call out sad things, kids should stay still.
- You can use the list of happy and sad things from the Children’s Sermon.

ASK:

- **How do you feel when you hear Jesus loves you?**
- **What is something you can do to show others Jesus’ joy?**

SAY: When we have the joy of the Lord, we can face anything.

Filled With Joy

You’ll Need:

- **“[Filled With Joy](#)” handout - 1 per child**
- **Froot Loop cereal**
- **Glue sticks**

Get Ready: Before class, print the “Filled With Joy” handout, one for each child.

Do This:

Lead kids in the following steps to make the “Filled With Joy” crafts:

- Give each child a “Filled With Joy” handout, a glue stick, and some Froot Loop cereal.
- Invite kids to dab glue on their paper and fill the word “joy” with Froot Loops.

SAY: Great job making your joyful crafts! Take these home as a reminder that when we follow and obey Jesus, He fills our hearts with joy.

Virtual Lesson Tip

You can do this activity with the entire family.

Joyful Prayers

You'll Need:

- A large playing area

Do This:

Lead kids in these steps to pray:

- Invite kids to line up behind each other in a single file line.
- Have kids share something that brings them joy with you, and individually give God thanks for that joyful thing.
- Close in prayer.

PRAY: Dear God, thank You for filling our hearts with Your joy. Help us to follow you and obey You so that others would know Your joy too. In Jesus' name, amen.

Time to Praise God

You'll Need:

- **Song:** "If You're Happy and You Know It"
[Words and Music](#) (pdf)
[MP3](#) Accompaniment Track
- **Song:** "I Have the Joy"
[Words and Music](#) (pdf)
[MP3](#) Accompaniment Track

SAY: When we follow Jesus with our hearts, we're able to worship Him with joy in every season. Let's give God honor and praise now.

Lead children in singing "If You're Happy and You Know It" and "I Have the Joy."

If You Have Extra Time...

Use these activity sheets to fill in any time and keep kids learning.

- [Coloring Page](#)

Complete Supply List

- **2 Paper plates**
- **A marker**
- **A Bible**
- **A large playing area**
- **Construction paper**
- **Scissors**
- **A hula hoop**

- **“A Heart Full of Joy” video lesson**
- **Something to play the video**
- **Goldfish crackers**
- **Pull-apart Red Vines**
- **Plates**
- **Napkins**
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- **Froot Loop cereal**
- **Glue sticks**

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AT HOME LESSON

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Getting in trouble

When someone hurts your feelings

When you miss someone

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Time to Praise God

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[Words and Music](#) (pdf)
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- 2 Paper plates
- A marker
- Goldfish crackers
- Pull-apart Red Vines

- **Plates**
- **Napkins**
- **Song: "If You're Happy and You Know It"**
- **Song: "I Have the Joy"**

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