



# A Heart Full of Joy

## LOWER ELEMENTARY 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**  
**Making a bad grade in school**  
**Feeling all alone**  
**Losing your favorite toy**  
**Having an argument with your best friend**  
**When someone says something that 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 and 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 your Son and that your Son loves us. Help us to remain in his love so that we will be filled with joy. 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:

- Bibles - 1 per child
- Construction paper
- A Marker
- Scissors

**Get Ready:** Before class, cut small hearts out of construction paper and write the word "joy" in the center.

### Do This:

Lead kids in these steps:

- Read the Bible verse out loud to the class.
- Form small groups of 2 or 3.

- Invite kids to open their Bibles to John 15:11a, and start reciting it out loud with each other.
- Give each child a joy-filled heart.
- Explain that kids will have to recite today's Bible memory verse to their group members, then collect a joy-filled heart when they recite it completely.
- Invite kids to continue reciting the verse and trading hearts as long as time allows.

### **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**
- **Masking tape**
- **A heart from the memory verse activity - 1 per child**
- **Markers**

**Get Ready:** Before class, create a large heart on the floor with masking tape – large enough for the whole class to fit in.

### **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 write or draw something that brings them joy, or a way they can stay close to Jesus.
- Invite kids to gather around the outside of the masking tape heart with their hearts in hand.
- Have kids share one at a time something that brings them joy, before having them step into the heart.
- Repeat verse 9a again: Jesus says, "Now remain in my love."

**SAY:** Today we're learning that when we stay in Jesus' love, He gives us a joy that only comes from Him.

**ASK:**

- What does it mean to stay close to Jesus?
- Why is joy from Jesus different?
- How can you remain in Jesus every day?

## 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 Jellies

### **You'll Need:**

- **Fruit Snacks - 1 pack per child**
- **Plates**
- **Napkins**

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

## **Do This:**

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

- Give each child a plate, a napkin, and a package of fruit snacks.
- Invite kids to use the fruit snacks to make a smiley face on the plate.
- Enjoy.

## **ASK:**

- **Why does Jesus want us to have joy in our hearts?**
- **Can you think of a time when you felt Jesus' joy?**

**SAY:** Jesus loves us because God the Father loves Him. When we stay in His love, we can love others like He does.

### Virtual Lesson Tip

*You can do this activity with the entire family.*

## Happy Run

### You'll Need:

- A large playing area

### Do This:

Follow these steps to play the "Happy Run" 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 run fast around the room. When you call out sad things, kids should slow down and move quietly.
- You can use the list of happy and sad things from the Children's Sermon and add to it.

### 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.

# Joy In My Heart

## You'll Need:

- **Craft foam sheets - ½ page per child**
- **A hole punch**
- **Scissors**
- **Markers**
- **Yarn**

**Get Ready:** Before class, cut the craft foam sheets into hearts, one for each child.

Cut a 12-18 inch piece of yarn for each child.

## Do This:

Lead kids in the following steps to make the "Joy In My Heart" crafts:

- Give each child a foam heart and markers.
- Invite kids to write or draw things that bring them joy on the heart.
- When they're finished, punch a hole in the heart and help string it into a necklace using yarn.

**SAY:** Great job making your Joy In My Heart necklaces! Take these home as a reminder that when we follow and obey Jesus, He fills our hearts with joy.

## Virtual Lesson Tip

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# Joyful Prayers



## You'll Need:

- A large playing area
- "Joy In My Heart" crafts

## Do This:

Lead kids in these steps to pray:

- Invite kids to share one of the things they drew that brings them joy with the class.
- Thank God after each child shares for the person or thing that brings them joy.
- 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](#)
- [Crossword](#)
- [Decoder](#)
- [Word Search](#)

## Complete Supply List

- **2 Paper plates**
- **Markers**
- **Bibles - 1 per child**
- **Construction paper**
- **Scissors**
- **Masking tape**
- **A heart from the memory verse activity - 1 per child**
- **"A Heart Full of Joy" video lesson**
- **Something to play the video**
- **Fruit Snacks - 1 pack per child**
- **Plates**
- **Napkins**
- **A large playing area**
- **Craft foam sheets - 1/2 page per child**
- **A hole punch**
- **Yarn**

- “Joy In My Heart” crafts

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# A Heart Full of Joy

## AT HOME LESSON

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

**Scripture:** John 15:9-11

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### Do This:

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- Napkins
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- **A hole punch**
- **Scissors**
- **Yarn**
- **A large playing area**
- **“Joy In My Heart” crafts**

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