



A Heart Full of Joy

UPPER 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 and that your joy may be complete." John 15:11

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 and that your joy may be complete." John 15:11

You'll Need:

- Bibles - 1 per child
- ["Heart Full of Joy Memory Verse"](#) handout - 1 per group
- Scissors

Get Ready: Before class, print the "Heart Full of Joy Memory Verse" handout, one for each group. Cut the elements and create a set for each group.

Do This:

Lead kids in these steps:

- Invite one child to 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 group a set of memory verse cards.
- Invite groups to put the verse in order as quickly as possible.
- Each time a group completes the verse, take away one of their memory verse cards and mix up the order before inviting them to complete it again.

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**
- **Construction paper**
- **Scissors**
- **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:

- Invite a child to 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.

- Give each child a piece of construction paper.
- Invite kids to draw and/or cut a heart on their construction paper.
- 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 from other happiness?
- 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?**

Joy-filled Sammies

You'll Need:

- **Sugar cookies - 2 per child**
- **Frosting**
- **Plastic knives**
- **Plates**
- **Napkins**

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

Do This:

Follow these steps to enjoy the "Joy-filled Sammies" Snacks:

- Give each child a plate, a napkin, and two sugar cookies.
- Invite kids to frost one cookie and sandwich it to the other.
- 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 Hop

You'll Need:

- A large playing area

Do This:

Follow these steps to play the "Happy Hop" 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 hop quickly 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.

Filled With Joy Pouch

You'll Need:

- Paper plates – 1 per child, cut in half
- Markers
- A hole punch
- A stapler
- Construction paper
- Scissors
- Yarn

Get Ready: Before class, cut the paper plates in half. Cut a 12-18-inch piece of yarn for each child.

Do This:

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

- Give each child two paper plate halves and markers.
- Invite kids to color and decorate the outside of the paper plate halves with things that bring them joy or remind them of today’s lesson.
- Help kids line up the edges of their paper plates and staple around the rounded edges (leave the straight cut edge open).
- Hole punch near the straight edge on both sides of the pouch.
- Help kids tie a piece of yarn into both hole punches to make a shoulder strap.

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:

- "Filled With Joy Pouch" crafts
- Construction paper
- Markers
- Scissors

Get Ready: Before class, cut several hearts out of construction paper.

Do This:

Lead kids in these steps to pray:

- Give kids several construction paper hearts and invite them to write or draw things or people that bring them joy.
- Invite kids to share some of their joyful things as they add them into their pouches.
- 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**
- **A marker**
- **Bibles - 1 per child**

- **“Heart Full of Joy Memory Verse” handout - 1 per group**
- **Scissors**
- **A Bible**
- **Masking tape**
- **Construction paper**
- **Scissors**
- **Markers**
- **“A Heart Full of Joy” video lesson**
- **Something to play the video**
- **Sugar cookies - 2 per child**
- **Frosting**
- **Plastic knives**
- **Plates**
- **Napkins**
- **A large playing area**
- **Paper plates - 1 per child, cut in half**
- **Markers**
- **A hole punch**
- **A stapler**
- **Construction paper**
- **Scissors**
- **Yarn**
- **“Filled With Joy Pouch” crafts**

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AT HOME LESSON

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