**Smarties Material 16th September 2018**

**I carry joy!**

**LEADERS PLEASE NOTE**: There will be a fire alarm test at 10am this morning. We may still be in the Source at that point or have just moved through to groups. Please remember to pick up your tablet and leave through the nearest fire escape checking you have all your children present before you leave. Make your way to the far end of the car park. Keep all your children with you- DO NOT let parents take their children. Do another check of the register and let Dave or whoever is on duty know that all your children are present. Wait to be told when it is safe to enter the building again.

**Verse of the week:** ‘The joy of the Lord is your strength’ Nehemiah 8:10b

**Intro**

Today we going to be learning all about joy! Joy is when we feel really happy. What makes you happy? Does anyone know a joke that might make us laugh?

Watch this YouTube clip

<https://www.youtube.com/watch?v=kHnRIAVXTMQ>

1. What happened in the clip? (One or two people were laughing to begin with but by the end lots of people were laughing)
2. Did anyone in your group start laughing at the clip?

Isn’t it interesting how people right at the other end of the carriage started laughing but they probably had no idea why they were laughing! Isn’t it also funny how we all started laughing! This shows that laughing is contagious! When people around us are happy, we can’t help but be happy too!

**Teaching**

Did you know God likes to laugh? (Psalm 2:4 says, ‘The One enthroned in heaven laughs…’). Did you know Jesus laughed? (Luke 10:21 says, ‘Jesus was full of joy through the Holy Spirit’.). The Holy Spirit loves to help us laugh. (Psalm 16:11 says, ‘In His presence is fullness of joy and pleasures forever.’).

The Bible talks a lot about joy. Joy is a kind of happiness. Joy can bubble up inside you even when you might be sad. Sometimes, when we are sad, it can feel like there is no happiness left inside. With God in our lives there is always a spring of joy inside us; it is bubbling away inside you right now. You can still feel sad, but joy means the sadness doesn’t become too much or last for a long time. Joy means you can still be kind to others even though you are sad.

For example, I can be sad that I hurt myself while playing a game, but I can still be happy that I had a fun time playing the game. If I’m feeling sad, I can ask God to come and give me more joy so that I can feel better. The Bible says, ‘The joy of the Lord is your strength’. If you notice you are sad or angry, then your joy has gotten too low and it’s time to top it up. So how do I let God top up my joy?

Resources:

• Glasses (place glasses in a pyramid)

• Tray (needs to have a lip to collect overspill)

• Lemonade

Imagine this glass is your body: add it to the top of the pyramid. When you are feeling sad, ask God for more joy. He will pour it into you and it will bubble up from your toes all the way to the top! (pour the lemonade in slowly until you fill just the top glass)

***Sharing our joy***

Because joy is in us all the time it can overflow into other people around us (pour more lemonade into the top glass till it overflows and the other glasses are filled). Have you ever noticed - when you laugh, others around you start laughing (just like in the clip)? Joy can spread from person to person till it fills a whole room. So having joy inside you can make others have joy too. If someone you know is feeling sad, try cheering them up and giving them some of your joy.

**Craft- colouring sheet**

Colour In the appendix and ask the children to put it somewhere in their house to remind them that God gives us joy.

**Response- So how do we get filled with joy?**

Well there are lots of ways but there are three I use a lot:

1. I choose joy – Psalm 118:24 says, ‘This is a day the Lord has made, I will be glad in it and rejoice’. I make a choice. I decide that, no matter what happens in my day, I will choose to be joyful. I give God the stuff that might push my joy out. So I tell Him the things that make me sad and ask Him to give me more joy.

2. Secondly, I worship. I sing and sing till I feel happy.

3. I let the Holy Spirit come and give me joy. I just sit or lie down and tell Holy Spirit I want more joy. Then I wait and I catch with my mind and my whole body all the joy God wants to give me.

Think of ways that you might be able to get filled with joy this week. Maybe putting on a worship song and singing, or maybe doing something you love like playing football.

What things could you do this week that might help others around you to be filled with joy? (tell a joke, include them in your game, help your mum with something like tidying your room or being nice to your sibling)

If there’s any time left allow the children time for free play.