



## Family Worship Guide 25

### JOY

#### Look Up and Read Aloud

If you have a New Living Translation, use it for the scripture today.

Psalm 30:11 (NLT)

*“You have turned my mourning into joyful dancing.*

*You have taken away my clothes of mourning and clothed me with joy.”*

#### Dance with Joy

Palm 30:11 talks about “mourning”, which is when you are really, really sad because you’ve lost something or someone who is special to you. God can take that bad thing and turn it into something really wonderful—joy. That seems kind of odd to have joy in the middle of something really sad, doesn’t it? But God will give you that special gift. In fact, He can make you so full of joy that you want to dance!

One of the songs the kids love, love, love to sing in kids’ church is “Joy of the Lord.” Get out some instruments, ribbons, shakers, or whatever will help you dance to this song. Play it LOUD and sing along joyfully! Listen for phrases in the song that talk about God taking the difficult things in life and giving us strength through His joy.

Listen to “The Joy of the Lord is My Strength” by Rend Collective

[https://www.youtube.com/watch?v=fcG9HApTC\\_Q](https://www.youtube.com/watch?v=fcG9HApTC_Q)

#### Wearing Joy

Choose another member of the family, and pick out a piece of their clothing (dress, shirt, major piece of clothing) that looks joyful. Share with other family members what you chose and why. Example: “I chose Mom’s bright yellow flowered shorts. They remind me of the sun, and sunny days are always filled with joy and doing fun things with my family.”

When Psalm 30:11 says “*clothed me with joy*”, it doesn’t mean actual clothing. It doesn’t mean that you need to wear bright colors with big flowers all over them. Your clothes cover your whole body, so this means that joy should cover you completely. It should be in everything you do! No matter what your situation, God can “clothe you”—fill you and cover you completely—with His joy.

## **Talk Time**

Joy isn't just being happy. Happy is when you laugh at a funny joke. Once you laugh at the joke, the happy is gone. Happy is when you get a good grade on a test. Once your mom or dad tell you what a great job you did, then happy doesn't stick around very long. Happy is for a short amount of time over good things that happen to you.

Joy is much, much more. Joy is a special gift from God. It's being happy way down deep **EVEN WHEN** things aren't going great. God loves you very much, and remembering that all the time gives you joy. God doesn't give it to you and then take it away in a minute. Having the joy of the Lord does not mean that you will never have a bad day, that you won't get sad, or you won't struggle with something. Joy is when **IN SPITE** of the bad things, you choose to accept God's gift of joy and take that with you throughout your day.

## **A Box of Joy**

Watch this video as Silly Grandma tells you about a very special box she has, called her "Joy Box."

<https://www.dropbox.com/s/qrm47bdryzwq5su/Joy%20Box.MOV?dl=0>

## **Slipping Away ... Look Out!**

When life gets hard and you feel your joy slipping away, what can you do? You can refocus! Get your thoughts back on God's goodness. Remember how wonderful Jesus is. Choose joy!

You'll need a regular size balloon, filled with water, and some shortening. Fill the balloon out in the backyard. (It's gonna get messy!) Rub the outside of the balloon with the shortening. Choose a family member to try to carry the greasy balloon across the yard to a designated point.

Did the balloon feel like it was slipping away from you? That was fun! Your balloon may have fallen and popped, with all the water spilling out. But, it's not fun when you feel your joy slipping away from you. I'm so glad God will refill your joy when you choose to live in it. He will refill it every day, if you just choose. Say today, "God, please give me your gift of joy to face everything in my day—the good and the not-so-good."

## **Joy Comes Through Action**

When you serve someone else—whether it's something really big you're able to do for them, or it's just a small gesture like picking up something they didn't realize they dropped—God gives you a dose of joy. What you do makes the other person happy, but it does something even greater for you. It brings you joy, knowing that you've done what God wanted you to do. The more you do for others, the more joy you'll experience.

Unfortunately, we all tend to get wrapped up in ourselves and don't keep others in mind as much as we should. What suffers when we do that? Our joy meter starts showing that it's running low on joy.

Create a small, simple ritual as a family that will focus your family on joy by serving someone else. This can be something that happens the first Saturday of every month, or once a week, or every day. Here are some examples:

- Each week you will call someone and wish them a happy birthday or record a video of your family singing them the song.
- During harvest season, decide to give away some vegetables out of your garden.
- Once a month, every person in the family will write a note to someone who's totally not expecting it.
- Sweep, or use your leaf-blower, at someone's house each week.

### **Prayer**

Identify something that brought you joy today. Thank God that you got to be part of that. Encourage everyone to thank God for that special joy-moment. Amen.

