



## Family Time

### Main Idea:

### Joy



### Key Verse: Psalm 28:7 (NIV)

*The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.*

### Play:

Play a game to talk about joy. Give each person a piece of paper and a pen or marker. Ask them to write down things they can think of that either take away or steal their joy. Another way to say this is, "Name things that don't satisfy you." Here are some suggestions:

- My bike is old and not very good.
- I wish I had what \_\_\_\_\_ has.
- I never get to be first.
- I had to do an extra chore.
- My teacher gave too much homework.



Tape the piece of paper with the statements on it to each one's back. Write "joy" on one piece of paper and choose one person to have joy and tape the piece of paper to their back. The object of the game is for the joy stealers to try to grab the "joy" sign.

Play this game outside if possible. Mark an area of safety with masking tape on one end where the person with joy can go. Line all the "joy stealers" up at one end of the yard and say, "Go."

Any time the person with joy runs behind the safety line the "joy stealers" cannot steal it. When someone steals the "joy" sign, play stops and a new person gets the "joy" sign and play resumes with the "joy stealers" trying to grab the joy from the new person.



### Ask:

- Does it ever seem like people or things keep stealing your joy? If so, how?
- What is joy?
- How can you get it?
- Which is easier: to get it or lose it?

We might think that a lot of things make us happy, at least for the moment. But true joy comes from Jesus, even when we are having a hard time. Recognize that joy comes from Jesus living inside you.

### Pray:

*Lord, remind us not to let our joy fade as we look out at the increasing problems around us. Show us how to live a life that allows our joy and faith in You to shine. It's these things we ask in Jesus' name. Amen.*