

# Shining the Light on JOY



“I bring you good news that will cause great JOY for all the people.” Luke 2:10 NIV

“Be JOYful in hope, patient in affliction, faithful in prayer.” Romans 12:12 NIV

*We can make the choice to be happy!  
Forgiveness is a way to restore relationships.*

## Teaching truth

Jesus’ life brings, helps and spreads the good news that we can be with our Father God. This good news is for everyone! We can access true JOY through the Holy Spirit.

**Can you see the Holy Spirit (the star) guiding and helping Stellar Bear on each page? What do you think the star is saying to Stellar in this story?**

The best way to teach JOY is to demonstrate it. If God’s JOY is visible in our life, at all times, then children can learn to be JOYful through our example.

## Empowering kids to shine

### What is JOY?

JOY is more than happiness. It is a deep-seated contentment in knowing that Jesus loves us and wants to be our friend. JOY is God’s good gift to us. We feel JOY because Jesus loves us. He is with us all the time, so we can feel JOY all the time. JOY is different to feeling happy. Happiness is felt when something good happens such as getting a present or going somewhere fun.

### How can we have JOY in unhappy times?

God is good even when bad things happen or when we feel sad, grumpy or angry. God loves us even when we do the wrong thing. Knowing God loves us and wants the best for us brings JOY. We can share JOY with others by having a good attitude even when things have gone wrong. Being helpful or thankful shares JOY no matter what. We can agree with others when they show us we have done the wrong thing, say we are sorry and ask for forgiveness. This is how we can truly restore relationships when they are in trouble.

