

MORE: JOY



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TO KNOW WHAT JOY IS
TO KNOW HOW TO HAVE MORE JOY



TO CHOOSE JOY THIS WEEK.

Intro



- Welcome everyone - check in. Good weekends, Best bit of your week etc. Explain what Youth is about today.
- Play Straight Face - try and make someone laugh when they are trying to keep a straight face.
- Today is about joy - what makes you joyful?
- What do you think is a definition of joy?

Video



▶ Watch the video on Youtube: IvyYouth.

You may have to press pause in it to answer a question, or play a game in it, so you may need resources.

Discussion



- What things do you delight in doing?
- Why do you think our culture holds joy and being happy as something to aim for and the ultimate in life?
- Do you think there is a difference between Joy and Happiness?
- Do you have to feel joy for something to be ultimately good for you?
- How do you think you get joy?
- What would the world say? Find out what the bible says:
📖 **Read 1 Peter 1:8-9, Romans 15:13, Nehemiah 8:10, Proverbs 15:23, Ecclesiastes 9:7, Psalm 16:11, Galatians 5:22-23, Acts 20:35**
- You are commanded to be joyful!
- 📖 **Read Psalm 100:4, Philippians 4:4...**

Bible Bit...



📖 **Read James 1:2-3**

- How can you consider bad things joy?
- Does that mean we have to be happy all the time? (no Romans 12:15)
- What things can try and steal your joy? How can we choose joy in difficult times?

📖 **Read Psalm 37:4**

- How do we delight ourselves in the Lord? What could that look like? Is it just about delighting in the Lord himself? can you also delight in the things he gives you and says of you?

Prayer



Listen to Joy by Rend Collective on Youtube or Spotify if you can,



Pray about being joyful this week, and about the battle it can be to keep it.



Can you post anything on Facebook about what you've learnt today?



Can you post a picture on insta representing what you've done today?



Can you post anything on Snapchat about what you've learnt today?