

This year's resources are going to concentrate on the 'Fruits Of The Spirit' (Gal 5:22-23). The second 'fruit' we're looking at is JOY.

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance." (James 1:2-3)

This is a fascinating verse that gets to the heart of what *joy* is. It's not necessarily a feeling of happiness (although it can be) but rather something more profound. It is about how we see the world and the attitude we have when good and bad things come our way and the hope we have in God.

4- 11 years

<http://flamecreativekids.blogspot.com/2014/09/fruit-of-spirit-curriculum-10-free.html>

<https://thelittlesandme.com/the-fruit-of-the-spirit-is-joy-kids-activities/>

<https://ministryark.com/lesson/joy-in-my-attitude-childrens-lesson-jonah/>

https://www.sermons4kids.com/heart_full_of_joy_group_activities.htm

There are lots of varied activities here that would work well on Sunday mornings, weekday activities or stations at messy church.

There are also a number of videos on youtube which would be a good starters for discussion.

https://www.youtube.com/watch?v=9ymT_uP8_ul (5 minute family devotional)

<https://www.youtube.com/watch?v=TZrIDT3k84U> (What's in the bible?)

<https://www.youtube.com/watch?v=qvOhQTuD2e0&t=99s> (The Bible project has lots of great videos here)

Teenagers

The ninefold path is a study guide and workbook for teenagers exploring the beatitudes and finding joy in what we have. For more info check out <https://9beats.org/ninefold-path/#learning-lab>

<https://ministrytoyouth.com/youth-group-lesson-fruit-of-the-spirit/>

<https://www.buildfaith.org/fruits-of-the-spirit/#gref>

Young adults

The ninefold path that I mentioned in the **teenagers** section would also be suitable for young adults. <https://9beats.org/ninefold-path/#learning-lab>

The comedy/ drama film “About a Boy” is a great film to explore finding joy in the small things and our attitude to life and would make for a great group discussion.

Although a little saccharine, “Patch Adams” would also be a good film to discuss the theme of “joy” as would “Life is beautiful”.