



## MAIN IDEA

I am filled with joy when I spend time with God.

## VERSE

You show me the path of life.  
In your presence there is fullness of joy;  
In your right hand are pleasures  
forevermore.

[Psalm 16:11 NRSV]

## JOY IS

a God given gladness that doesn't change if good or bad things happen in my day. Joy comes from being with God and I can be joyful even in unhappy moments.

## READ

The Story of the Shepherds  
(Luke 2)

Spark Story Bible  
pages 214 - 215

## HANDS ON

Filled with Joy  
Balloon Experiment

## CREATE

A Joyful Noise  
Rainstick

## MAKE

Copycat Orange  
Julius

## FRUIT IN ACTION

Go stargazing with your family. Spend time together praising God & rejoicing that He created the stars and knows exactly how many there are. (Psalm 148:3-6, Psalm 147:4)

# INSTRUCTIONS

Fruit of the Spirit:

**JOY**

## Filled with Joy Balloon Experiment

HANDS ON

**Supplies:** Balloons, Sharpie, Baking Soda, Vinegar, Plastic Water Bottle, Tablespoon, Funnel, Safety Glasses

**Instructions:**

1. Optional: Write your child's name on the balloon with a Sharpie (The balloon represents your child).
2. Fill empty water bottle about a 1/3 of the way with vinegar (This represents the Holy Spirit at work in their heart).
3. Insert the funnel into the opening of the balloon, scoop a spoonful of baking soda into funnel to fill the inside of the balloon (This represents spending time getting to know God. Talk about ways we can do this—Reading His Word, Prayer, Worship, etc.).
4. Attach the balloon to the plastic water bottle filled with vinegar.
5. Slowly lift up the balloon and watch what happens next (The Holy Spirit fills us with joy when we spend time getting to know God. Joy comes from being with God which means you can be joyful even in unhappy moments).



## A Joyful Noise Rainstick

CREATE

**Supplies:** Used Paper Towel Tube, Tin Foil, Dried Rice or Beans, Wax Paper, Tape, Markers or Crayons

**Instructions:**

1. Roll up a piece of tin foil and coil it around the used paper towel roll to create a coil for the inside of your paper towel tube.
2. Put the coil inside the tube
3. Cover one end of the tube with a piece of Wax Paper and tape it on.
4. Carefully fill the tube with a TBSP or so of dried rice and/or beans.
5. Cover the open end of the tube with another piece of Wax Paper and tape closed.



“Shout for joy to the Lord, all the earth, burst into jubilant song

## Activity: Copycat Orange Julius

MAKE

**Supplies:** Frozen orange juice concentrate (6oz), 1 cup of milk, 1 cup water, 1/4 cup sugar, 2 TSP vanilla, 1 cup ice cubes, blender

**Instructions:**

1. Pour all of the ingredients into a blender.
2. Blend until smooth.
3. Pour into cups & enjoy

\*Optional: Garnish cups with an orange slice and a fun straw.

