

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level 2 • Unit 9 • Week 3

JOY

OBJECTIVE:

To learn about joy as a fruit of the Holy Spirit through the example of Miriam's song.

ATTENTION GETTER:

Do: Find and show to the children a picture of a smiling child being held up by an adult to reach something the child wants, such as an apple from a tree. Also, find and show a picture of a happy person clapping hands in approval.

Ask: Why do you think this child is smiling?

Say:

- Because he or she is learning to use his body in a new way.
- Because he is able to do what he sees others do.
- Because he is getting help from a person that can be trusted.
- Because he can share that experience with another.

This child is showing joy!

Joy is expressed in gladness, pleasure, delight, happiness, laughter, merriment, giving, etc.

Ask: What makes you joyous or feel joy?

Say:

Like this child, we are joyous when we can use our abilities in new and better ways.
We are joyous when we are able to do things we see others do.
We are joyous when we can get help from someone we can trust.
We show joy when we are given help in hard situations.
We are joyous when we know someone cares and shares our joy.
The Holy Spirit makes it possible for us to have greater joy. Today we will see how.

BIBLE LESSON:

Ask: Do you remember from our other lessons that the Holy Spirit helps us to do the good things that God wants us to do? We call these good things "fruits." There are very good things called fruits of the Holy Spirit. One of the fruits of the Holy Spirit is joy.

Say: Joy is a very good thing.

Ask: What do we do when we are joyous and have joy?

Say: We show joy by smiling, laughing, singing, shouting and dancing. When we do these things, we show others that we have joy. When the Holy Spirit is guiding us, we have joy and show that joy. Joy is one fruit of the Holy Spirit. It is the opposite of sadness and sorrow.

Having more joy is part of becoming more like God and Jesus Christ. When we are learning to do things as Jesus did, we are growing and becoming more like God, .

Ask: Can you think of things Jesus did?

Say:

1. Jesus was kind to others, He even forgave those who hurt Him.
2. He gave good gifts: He healed people, He gave wine at a wedding.
3. He kept the Sabbath and the Holy Days.
4. He made and kept good friends, called His disciples. To have a friend, you must BE a friend.
5. He taught us how to pray, so we can talk with God, our best friend.
6. He told us about the Kingdom of God. We can help to tell about the Kingdom of God by being a good example.
7. Jesus never did bad things, He always obeyed His Heavenly Father. We will be joyous when we obey our Heavenly Father and obey our earthly parents.

A long time ago, the people of Israel faced a hard thing. They were slaves in Egypt and did not have much joy.

God made Pharaoh let the people go and they set out for the Promised Land where they would have joy and good things in abundance.

But Pharaoh, the ruler of Egypt, chased after them after he had let them go. He caught them by the Red Sea and sent his soldiers to fight the people of Israel.

Ask: Can anyone tell me what happened next?

Say: God delivered His people by opening a way through the Red Sea by which they made it to the other side in safety. The people of Israel were very happy and filled with joy over this great gift from God.

The people were so happy and showed their joy by singing and dancing. Miriam, the sister of Moses, led the women in a special joyous dance. This story is told in Exodus 14 and 15.

Say: Gifts can bring us joy. Having joy is a gift. God gives us things to enjoy. God is happy when we enjoy them.

Do: Read 1 Timothy 6:17, emphasizing the last part.

Ask: Can you think of some things that God has given you to enjoy?

Say: Yes, those are good, and God's creation in nature is to be enjoyed. He has also given us a special day to enjoy. It is the Sabbath day. He says that God will bring everyone who keeps the Sabbath, and keeps it with respect, to His holy mountain. God will make them joyful in His house of prayer. This is His promise and part of His covenant.

If we obey God's commandments we can rejoice in the hope of entering His kingdom. In God's kingdom there is always joy, gladness, pleasure, delight, happiness, merriment and blessedness.

God has joy, when we are good. Being good helps us have joy too. God is happy to share His Holy Spirit with us to help us be good. He is happy when we go to Him in prayer and ask Him to forgive any bad things we may have done. He has joy when a bad person changes and becomes good (Luke 15:7).

LESSON APPLICATION:

Do: Hand out a sheet of paper to each child with the following printed on top:

J is for Jesus, whom we know.
O is for onward to make us grow.
Y is for you, for the joy you show.
Joy is a fruit of the Holy Spirit.

Below this draw three lines with a happy face at the beginning of each line. Then ask the children to write down on the three lines their answers to the following:

1. How I can become like Jesus? [Always be good and do good in a joyful manner.]
2. How I can share joy? [By giving, by serving, by showing joy myself.]
3. How I can show joy? [By smiling, singing, happily shouting, dancing, being happily cooperative.]

Music:

Say: When we have joy, we often want to sing. We want to share our joy with others. So let's express joy by singing a joyful song and dancing with our fingers.

We will begin the song by holding our hands up and bending our thumbs back and forth as if they were dancing as we sing.

THUMBKIN

Thumbkin says I'll dance
Thumbkin says I'll sing
Dance and sing you merry men,
Thumbkin says I'll dance and sing.

(Repeat the song, naming each finger in succession and bending them back and forth as if they were dancing while singing the song.)

Pointerman says...
Middleman says...
Ringman says...
Littleman says...

MEMORY VERSE:

Psalm 100:1-2 "Make a joyful shout to the LORD...come before His presence with singing."

family activity

THE POINT:

We learned about joy as a fruit of the Holy Spirit through the example of Miriam's song. We have joy when God takes care of us like He took care of the people of Israel at the Red Sea.

We show that we have the Holy Spirit working in us when we are joyous. Following Jesus' example brings joy to God, to Jesus Christ and to ourselves. We follow Jesus by being kind, giving good gifts, keeping the Sabbath and Holy Days, being a good friend, praying, telling about the kingdom of God with our good example, obeying our Heavenly Father and our earthly parents.

ASK ME...

- What is joy?
- How did Jesus bring joy to others?
- How can we bring joy to others?
- How can we express joy to God?

FAMILY TOGETHER TIME:

Singing is a sign of joy. We sang the song, "Thumbkin Says." If you know it, sing it with your child during the week.

To reinforce the lesson, sing a song together every day during the following week. Talk about all the gifts that God has given to us to bring us joy, especially God's creation, food, shelter, family and friends.

MEMORY VERSE:

Psalm 100:1-2 "Make a joyful shout to the LORD...come before His presence with singing."