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Joy Comes From God

Emotions all come from God, and they help us deal with what happens to us, but only when we use them in the right way. That means that when we let our feelings get out of control, then WE get out of control. If we don't talk about our feelings, and get them out in the open, it can even hurt us. So how DO we deal with our feelings? Well, in the Bible, there are all kinds of stories that show how people dealt with their emotions by having a close relationship with God and relying on him to help. Today we're talking about joy!

Happiness is when we feel good in the moment, like when something funny happens and we can't help but laugh. But JOY is lasting, no matter what we're going through! And best of all, we get true joy from following God and spending time with him.

Watch: [David Dances](#)

Discuss: ● What is joy? Where do we get it from? ● What other emotions do we have? What do they feel like? ● When is it hard to feel joy? ● How can we express our joy, like David?

Watch: [Happiness](#)

It's so great that God gives us joy, and then we can celebrate and praise and have fun just by spending time with him and being in his presence, like David did! But, does that mean that we'll always FEEL happy, every moment of the day? Nope. We will still go through tough things that bring up other emotions, like sadness and anger.

Memory Verse: Ecclesiastes 3:4 *"There is a time to cry. And there's a time to laugh. There is a time to be sad. And there's a time to dance!"*

ALL our emotions and feelings come from God, and it's okay to feel every single one of them! But God wants us to learn how to rely on him to help us deal with those emotions in the right way. Here's a few steps to help us deal with our feelings and trust God. So, whenever we're experiencing a strong emotion, we can: 1) STOP and name what we're feeling 2) LOOK at what's really going on around us 3) LISTEN to what God says

Do: Print out the next page. Color, cut, and fold your "Feelings Catcher"

Pray: Jesus, thank you for giving us emotions and feelings. Please help us to remember this week to Stop, Look and Listen to you when we feel big feelings. Thank you for walking through everything with us. Amen.

FEELINGS CATCHER DIRECTIONS

1. Cut out the feelings catcher and turn it face down.
2. Fold each corner towards the center so that the numbers and colors are facing you.
3. Turn it over and again fold each corner into the center so that the color names are visible.
4. Fold it in half so that the color names are touching and the numbers are on the outside. Now open it and fold it in half the other way.
5. Insert your thumb and first finger of each hand (pinching motion) under the number flaps.
6. Close the feelings catcher so only the numbers show.

TO USE:

Pick a number and open and close the feelings catcher that number of times, alternating directions. Next, pick a color and spell out the color name, opening and closing the feelings catcher for each letter. Then pick a color that is visible and open that flap. Read what it says and give it a try! Play this game any time you aren't sure how to deal with how you feel.

