

Welcome to Youth Development Ministries

JOY!

Sunday, April 13, 2025

„But what happens when we live
God's way? He brings gifts into our
lives ... affection for others,
exuberance about life, serenity...”

Galatians 5:22 (MSG)



OPENING GAME: KEEP IT UP

In life, we often react to others in the same way we are treated. If your brother hits you, you hit him back. If your parents yell at you, you yell back. Sort of like what happened in the game we just played. If one team hit the ball hard, the other team reacted by hitting it hard too. If one team got real competitive, the other team did too. Today, we're going to explore how we can react differently to others. We're going to discover how we can break the cycle. If someone is mean to us, we're going to learn the secret to how we can react in love rather than hate. Let's get started!

Self-Reflection Questions

- Take a moment to think about these questions: What brings you joy in your life?
- How do you express joy to others?
- Can you recall a time when joy helped you overcome a difficult moment?

Reflecting on these can help deepen your understanding of joy and its importance.

https://youtu.be/OaEH1e_DLm0?si=7VKvly8oMRrkuwHD



**Sister Act 2 (Finale) Lauryn Hill - Joyful
Joyful With Lyrics (Ft. Whoopi
Goldberg)**

YouTube

Joy from 'Inside Out' Movie

In the movie 'Inside Out', Joy is depicted as a vibrant character who embodies the essence of happiness. She plays a critical role in helping Riley navigate her emotions during a challenging time. The film demonstrates that joy is not just about being happy all the time but also about embracing other emotions and experiences to find real fulfillment.



<https://youtu.be/HVoi6HHA92M>



Bible Verses on Joy

Galatians 5:22-23

But the Spirit produces the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. There is no law that says these things are wrong. What do you think these verses means?

A lot of times people misunderstand these verses. They think God is saying to be full of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. God is saying more than that. He is saying that those characteristics are formed in our lives when we stay connected to Jesus.

Let's take a look at another verse that will help us understand this concept

Scriptures

John 15:5 : I am the vine, and you are the branches. If any remain in me and I remain in them, they produce much fruit. But without me they can do nothing. Jesus is saying that a branch needs to stay connected to the vine in order for fruit to grow. Good fruit will naturally come out of a branch that is connected to the vine.

The branch doesn't need to try and create the fruit in its own power. Its job is to stay connected to the vine. When it does, good fruit will be produced. Like this fruit I'm holding in my hand. Jesus is saying that we are like the branch.

*Our goal is to stay connected to Jesus. If we stay close to him in our everyday lives, then good fruit will come out of us. The good fruit is the characteristics we read about in.....

Galatians 5:22–23 – love, patience, kindness, goodness, etc. Like a branch can't make the fruit, we can't simply choose to be loving, patience, kind, good, faithful, gentle, and have self-control. It's the Holy Spirit's job to create those characteristics in our lives. Our job is to stay connected to Jesus. When we do, good characteristics flow out of us. We find ourselves naturally reacting to the bully at school with love and compassion. We are more likely to forgive our friends. We are more patient. Sure, it's a choice we make. But ultimately, it's God working through us to make us more like Him



Conclusions



In summary, joy is a vital part of our emotional landscape. Through movies like 'Inside Out', self-reflection, music, and spiritual guidance, we can learn to embrace joy in our lives and spread it to others. Remember, joy is not just a feeling but a choice we can actively cultivate.

Here's the bottom line of today's lesson: Stay connected to Jesus and good stuff comes out of your life. When we choose to surrender our lives to Jesus, the pollution of sin in our lives is cleaned up. We now have an opportunity for good stuff to come out of our lives. We have an opportunity to live the way God wants us to live. We won't be perfect. We'll mess up often. That's just a part of being human. In order to have good stuff come out of our lives, we have to stay connected to Jesus. When we do, the Holy Spirit will make us more loving, kind, patient, etc. We'll be able to return a sour pickle with a soft marshmallow. We'll be able to react differently than we were treated.