

Konnect - Emotions

Week 4: What Will Make Me Happy?



Say the following main point and Bible verse together:

Main Point: Lots of things might make me happy, but only God can give me joy.

Weekly Bible Verse: *James 5:13 NLT ...Are any of you happy? You should sing praises.*

Ask: What does it mean to sing praises about God? *Talk about his love, power, strength, thank Him, etc.*

Choose a few review questions:

1. When do you feel the happiest?
2. What do you think people like about feeling happy?
3. What do you think is the difference between being happy and having God's joy?
Ideas: Happy is about good things happening, happy only lasts a little while; joy is about how good God is, you can have joy even when bad things are happening, etc.
4. How can you have joy even when the things around you are not happy?
Ideas: Pray, thank God for the good things He's done, remember Jesus forgives and God's always good, etc.

Choose an action step question:

1. Share some ways you can praise God when you're happy this week. *Write about it, tell someone about it, dance for God, sign for God, high five and give hugs, draw about it, etc.*
2. What can you do to help someone who isn't happy?

Pray together:

1. Ask kids to share things they'd like to pray about.
2. Write down their prayer requests.
3. Pray together over the prayer requests.

Not sure what to pray? Pray this: *God, thank You for all the good things You've done for us. Please help us praise You. Fill us with Your joy! In Jesus' name, amen.*