

Joy and Peace



Galatians 5:22-23



New Testament 6
Part 2: Fruit of the Spirit

SUNDAY MORNING

New Testament 6 [Class Attendance Sheet](#) provided in activity sheets (NOTE: The document is interactive, allowing the teacher to type in the Class, Teacher, and the children's names.)

SCRIPTURE REFERENCES:

Galatians 5:22-23; Philippians 2:17-18; 3:1,6,13; 4:4-13; John 15:11; 14:27; 16:24,33; Romans 14:17

MEMORY WORK:

“Rejoice in the Lord always. Again I will say, rejoice!” (Philippians 4:4).

SONGS AND FINGERPLAYS (SEE END OF LESSON FOR WORDS):

A [song book](#) and [audio recordings](#) of many of the curriculum songs are available on the curriculum Web site.

- [“The Fruit of the Spirit”](#)
- [“It Isn’t Any Trouble Just to S-M-I-L-E”](#)
- [“I’ve Got Peace Like a River”](#)
- [“I’ve Got the Joy, Joy, Joy, Joy Down in My Heart”](#)
- [“J-O-Y”](#)
- [“Fruit of the Spirit”](#)
- [“The Fruit of the Spirit”](#)
- [“I’ll Be Like Him”](#)

LESSON VISUALS AND TEACHING AIDS (NOTE ANY DISCLAIMERS):

- See [AP’s Pinterest page](#) for ideas on bulletin boards, visuals, crafts, etc. [DISCLAIMER: Pins may sometimes need to be adjusted to be Scriptural.]
- [Paul & the Fruit of the Spirit](#) Bible fact cards (provided under “N.T. 6 Bible Facts” on curriculum Web site)
- “Summary of the Bible” from [“Kids Prep”](#) CD by Jeff Miller
- Pictures/drawings from the books listed under 3rd-4th Grader Pre-Class Activities/Learning Centers
- Pictures to illustrate peaceful, happy times, as well as times that are not so peaceful and happy
- “JOY” illustrations in *Creative Bible Teaching, Volume I*, Sarah Richey, pp. 16-17



PERSONAL APPLICATION:

God wants me to have joy and peace, and not to worry constantly about things that happen around me. I can have joy and peace because I know that God is with me all the time.

LESSON STARTS HERE

INTRODUCTION: (YOUNGER CHILDREN)

Read Galatians 5:22-23 with the children. Remind the children that over the next few lessons, we will be learning about each of these fruits of the spirit. It is very important to God that we have these qualities.

Last week we talked about love. Who showed us how to love? What did He do? What are some ways we can show love to others?

Ask the children to discuss things that make them happy and things that make their parents happy. Contrast joyful things with sad things to help them visualize joyful events. Discuss “peace.” Act out a peaceful classroom/home contrasted with a classroom/home that is not peaceful. Emphasize that joy and peace are things that we should have as Christians, and that the Bible can tell us how to have them. These things please God.

INTRODUCTION: (OLDER CHILDREN)

Read Galatians 5:22-23 with the children. Remind the children that over the next few lessons, we will be learning about each of these fruits of the spirit. It is very important to God that we have these qualities.

Last week we talked about love. Who showed us how to love? What did He do? What are some ways we can show love to others?

Ask the children to discuss things that make them happy and things that make their parents or others happy. Contrast joyful things with sad things to help them visualize joyful events. Discuss “peace.” Act out a peaceful classroom/home contrasted with a classroom/home that is not peaceful. Emphasize that joy and peace are things that we should have as Christians, and that the Bible can tell us how to have them. These things please God.

POINTS TO EMPHASIZE:

1. Throughout the Bible we see that peace and joy are possible even if things going on around us are not necessarily peaceful and joyful. Peace and joy are “founded on realities that are unaffected by conditions in this world” (*Expository Dictionary of Bible Words*, p. 361). Someone has said that joy and peace “are not the absence of trouble, but the presence of God.” This is especially evident in the lives of the apostles and other Christians in the first century who endured great persecution because of their faith. Discuss with your class some examples of these instances (examples: Paul and Silas singing in prison in Acts 16; the apostles rejoicing in spite of being beaten in Acts 5:40-41; Paul’s peace and joy even in prison in Philippians 4:4-13; Stephen in Acts 7; etc.). Peace and joy in bad circumstances come from knowing that God is with us no matter what happens (Romans 8:28ff.; Jesus calming the storm, Matthew 8:23-27).
2. The opposite of joy is to be gloomy or depressed and down (Read James 4:9; cf. Hebrews 13:17). What is a gloomy person like? God wants us to be joyful because when we obey Him,

we know we will go to heaven to be with Him. So it does not matter what bad things might happen to us, because those things will only last for a little while, but heaven will last forever. Read Romans 5:1-4. Notice that Christians can “rejoice in hope of the glory of God.” Paul even says that Christians can “glory in tribulations” (be joyful when bad things happen to them) because those bad things can make us better people so that we can go to heaven.

3. The opposite of peace is to be anxious, uneasy, worried, stressed, tense, or hyper. Nobody wants to feel that way. Philippians 4:6-7 tells Christians that if we put our trust in God and talk to Him about the things that are worrying us (i.e., casting our cares/stresses on Him—1 Peter 5:7) instead of holding onto worries, letting Him take care of those concerns, Christians can be worry-free. We can have the “peace of God, which surpasses all understanding.” But that peace can only come as our faith in God grows—as we learn to trust that He will take care of us. And that faith in God grows only as we study His Word (Romans 10:17). By studying the Word of God, which the Holy Spirit authored, and believing that Word fully, trusting God to “be with” us, we can grow the spiritual fruit of peace.



RECOMMENDED READING FOR TEACHERS: See the article “[Did Jesus Come to Bring Peace—or Turmoil?](#)” by Caleb Colley on the Apologetics Press Web site for a response to an accusation often made against the nature of God.

4. Peace and joy are both related to my relationship to God. I must:
 - Study God’s Word (Psalm 119:14, 19:8) because it tells me how to follow God.
 - Pray and think about good things (Philippians 4:6-9).
 - Believe and trust in God (John 14:1; Psalm 33:21).
 - Obey God (John 13:17; 15:10-11; 16:33).
5. With school-age children, talk about opposites of the words “peace” and “joy,” such as “hyper,” “anxious,” “stressed out,” and “worried.”
6. Talk with children about what makes them happy, what gives them joy, and when they feel peaceful or calm [keeping in mind that true joy and peace are not dependent on external circumstances]:
 - “I feel at peace (calm) when...”
 - “The things that make me anxious or worried are...”
 - “The most joyful times of my life have been...”
 - “I am joyful (happy) when...”

PRE-CLASS ACTIVITIES/LEARNING CENTERS (TO BE USED AS CHILDREN ARE ARRIVING—BEFORE CLASS, AND UP TO THE FIRST FIVE MINUTES OF CLASS; OR AS HOMEWORK):

- Click here for complete [Activity Book](#) and [Answer Key](#)

Ages 2-5:

- “[Joy and Peace Coloring Sheet](#)” (provided in activity sheets)
- “Jars of Joy”: Give each child a baby food jar to decorate (with yarn, rickrack, stickers, etc.). Help

them put stickers and/or their own drawings on small pieces of paper to represent things that make them happy—things that bring them joy. They should put the papers into their Jars of Joy and take them home. Tell the children to share their joys with someone who needs a smile.

- “J-O-Y” activity: Based on the song below (“J-O-Y”), prepare a sheet for each child with the letters “J-O-Y” written vertically. Print and cut out strips of paper that say “Jesus first,” “Yourself last,” and “Others in between.” Help the children glue the strips next to the correct letter. Discuss with children what it means to have Jesus first, others second, and yourself last and why living our lives this way brings joy. (“[J-O-Y Activity](#)” and “[J-O-Y Activity Cutouts](#)” provided in activity sheets)

1st-2nd Graders:

- “Keys to Happiness” game: Cut out 8-10 keys and 8-10 locks from construction paper or cardstock. Write a verse that refers to peace or joy on each lock. Write the corresponding Scripture references on the keys. Students should look up the references given on the keys to match them to the correct locks. (“[Key Cutouts](#)” and “[Lock Cutouts](#)” provided in activity sheets)
- “[Joy and Peace Crossword Puzzle](#)” (provided in activity sheets)

3rd-4th Graders:

- “Keys to Happiness” game: Cut out 8-10 keys and 8-10 locks from construction paper or cardstock. Write a verse that refers to peace or joy on each lock. Write the corresponding Scripture references on the keys. Students should look up the references given on the keys to match them to the correct locks. (“[Key Cutouts](#)” and “[Lock Cutouts](#)” provided in activity sheets)
- “[Joy and Peace Crossword Puzzle](#)” (provided in activity sheets)
- Have the children read: *Alexander and the Terrible, Horrible, No Good, Very Bad Day*, by Judith Viorst

SONGS:

“THE FRUIT OF THE SPIRIT”

Author: Jeff Miller

(Tune: See “[Kids Prep](#)” CD)

Get the fruit of the Spirit,
It’s love, joy, peace, long-suffering;
Kindness, goodness, and faithfulness,
Gentleness, and self-control.

“I’VE GOT PEACE LIKE A RIVER” ([Click to Hear](#))

Author: American Spiritual

I’ve got peace like a river.
I’ve got peace like a river.
I’ve got peace like a river in my soul.
(REPEAT)

I've got joy like a fountain.
I've got joy like a fountain.
I've got joy like a fountain in my soul.
(REPEAT)

I've got love like an ocean.
I've got love like an ocean.
I've got love like an ocean in my soul.
(REPEAT)

I've got peace like a river.
I've got joy like a fountain.
I've got love like an ocean in my soul.
(REPEAT)

“I’VE GOT THE JOY, JOY, JOY, JOY DOWN IN MY HEART” ([Click to Hear](#))

Author: Traditional

I've got the joy, joy, joy, joy down in my heart. (Where?)

Down in my heart. (Where?) Down in my heart.
I've got the joy, joy, joy, joy down in my heart. (Where?)

Down in my heart to stay.

CHORUS:

And I'm so happy,
So very happy.
I've got the love of Jesus in my heart,
Down in my heart,
And I'm so happy,
So very happy.
I've got the love of Jesus in my heart.

I've got the peace that passes understanding down in my heart....

(CHORUS)

I've got the love of Jesus, love of Jesus, down in my heart...

(CHORUS)

“J-O-Y” ([Click to Hear](#))

Author: Unknown*

(Tune: Jingle Bells)

J-O-Y, J-O-Y, Tell me what it means.
Jesus first, yourself last, and others in between.

“FRUIT OF THE SPIRIT” ([Click to Hear](#))

Author: Unknown*

(Tune: “Qué Será, Será”)

When you become a child of God, fruits of the Spirit, you must show.
They are not apples, grapefruits, or plums—just sing and you will know.

Love and joy and peace,
You must from the heart give these.
Show patience and gentleness, and show goodness, please.

When you become a child of God, fruits of the Spirit, you must show.
They are not apples, grapefruits, or plums—just sing and you will know.

Wear the shield of faith,
Show meekness and self-control.
When you are a child of God, you will practice these.

“THE FRUIT OF THE SPIRIT” ([Click to Hear](#))

Author: Unknown*

(Tune: See Internet)

(Have pictures of the fruits mentioned below to use with the song.)

VERSE 1:

The fruit of the Spirit is a cantaloupe. NOPE!
The fruit of the Spirit is a cantaloupe. NOPE!
If you want to be a cantaloupe,
You might as well hear it,
You can't be a fruit of the Spirit!

CHORUS:

‘Cause the fruit is:
Love, joy, peace, patience, kindness, goodness,
Faithfulness, gentleness, and self-control!
Love, joy, peace, patience, kindness, goodness,
Faithfulness, gentleness, and self-control!

VERSE 2:

The fruit of the Spirit is a kumquat. WHAT?
The fruit of the Spirit is a kumquat. WHAT?
If you want to be a kumquat,
You might as well hear it,
You can't be a fruit of the Spirit!

(CHORUS)

VERSE 3:

The fruit of the Spirit is a watermelon. WHATCHA YELLING?
The fruit of the Spirit is a watermelon. WHATCHA YELLING?
If you want to be a watermelon,

You might as well hear it,
You can't be a fruit of the Spirit!

(CHORUS)

“I’LL BE LIKE HIM” ([Click to Hear](#))

Author: Unknown*

(Tune: “Jesus Loves Me”)

VERSE 1:

Love and joy to others show,
Every place that I may go.
Peace and patience, kindness, too;
Others see Christ's life shine through.

CHORUS:

Yes, I'll be like Him, (3X)
And I will praise His name.

VERSE 2:

Goodness show my friends today,
Helping others along the way.
Gentleness to those without,
Telling them what He's about.

(CHORUS)

VERSE 3:

Faithfulness to do His will,
With God's Word my heart to fill.
Self-control in everything,
Then in heaven praises sing.

(CHORUS)

“IT ISN'T ANY TROUBLE JUST TO S-M-I-L-E” ([Click to Hear](#))

Author: Unknown*

It isn't any trouble just to s-m-i-l-e.
It isn't any trouble just to s-m-i-l-e.
Whenever you're in trouble,
It will vanish like a bubble,
If you'll only take the trouble just to s-m-i-l-e.

It isn't any trouble just to p-r-a-y, pray.
It isn't any trouble just to p-r-a-y, pray.
Whenever you're in trouble,
It will vanish like a bubble,
If you'll only take the trouble just to p-r-a-y, pray.

It isn't any trouble just to s-i-n-g, sing.
It isn't any trouble just to s-i-n-g, sing.
Whenever you're in trouble,
It will vanish like a bubble,
If you'll only take the trouble just to s-i-n-g, sing.

It isn't any trouble just to s-m-i-l-e.
It isn't any trouble just to p-r-a-y, pray.
Whenever you're in trouble,
It will vanish like a bubble,
If you'll only take the trouble just to s-i-n-g, sing.

*Author Unknown: Please contact us through the feedback button for this lesson if you are aware of any copyright information for this song.

*** IF YOU HAVE SUGGESTIONS PERTAINING TO THIS LESSON, PLEASE CLICK THE "SUGGESTION" BUTTON BESIDE THE BUTTON FOR THIS LESSON ON THE CURRICULUM WEB SITE.



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Part 2: Fruit of the Spirit

WEDNESDAY EVENING

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Romans 14:17

MEMORY WORK:

“Rejoice in the Lord always. Again I will say, rejoice!” (Philippians 4:4).

SONGS AND FINGERPLAYS (SEE END OF SUNDAY'S LESSON FOR WORDS):

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PERSONAL APPLICATION:

God wants me to have joy and peace, and not to worry constantly about things that happen around me. I can have joy and peace because I know that God is with me all the time.

INTRODUCTION:

Review [N.T. 6 Bible Fact Flash Cards](#) (provided under “N.T. 6 Bible Facts” on curriculum Web site)

POINTS TO EMPHASIZE:

Review Sunday’s lesson. (see [N.T 6 Review Questions](#) for example questions)

Review last week’s lesson again, reminding the children that we are studying Galatians 5:22-23—the fruit of the Spirit.

Go through the “JOY” illustration by Sara Richey (see Recommended Additional Visuals)

PRE-CLASS ACTIVITIES/LEARNING CENTERS (TO BE USED AS CHILDREN ARE ARRIVING—**BEFORE** CLASS, AND UP TO THE FIRST FIVE MINUTES OF CLASS; OR AS HOMEWORK):

See Sunday morning’s lesson.

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