



MADE TO MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body



JOY JIVE

WHAT YOU NEED: Bible

TODAY'S BIBLE STORY

I've Got the Joy, Joy, Joy, Joy
The Apostles Are Treated Badly
Acts 5:17-42

TODAY'S BOTTOM LINE

Choose joy no matter what's going on.

MONTHLY MEMORY VERSE

"The fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself."
Galatians 5:22-23a, NIV

MAKE WAVES

What you do today can change the world around you.

BASIC TRUTH

I can trust God no matter what.

WHAT YOU DO:

- Look up and read Galatians 5:22-23a.
- Think of some of the good things this verse tells you the Holy Spirit helps you do.
- Use the "Joy Jive" to help you remember the fruit of the Spirit.
 - *The fruit the Holy Spirit produces is* (pat your thighs twice as you say) *love, joy* (and clap your hands twice as you say) *and peace.*
 - *It is* (with palms down, crisscross your RIGHT hand over your LEFT hand twice as you say) *being patient* (with palms down, crisscross your LEFT hand over your RIGHT hand twice as you say) *kind and good.*
 - *It is being* (tap your RIGHT fist over your LEFT fist twice as you say) *faithful* (tap your LEFT fist over your RIGHT fist twice as you say) *and gentle* (give a thumbs-up with your RIGHT hand while you point your thumb backwards over your right shoulder twice as you say) *and having control* (give a thumbs-up sign with your LEFT hand while you point your thumb backwards over your left shoulder twice as you say) *of oneself.*

The fruit of the Spirit isn't apples and oranges. It's a different kind of fruit. It doesn't grow on trees. It grows inside of you when you follow Jesus. The Spirit helps you show love to others and be patient, kind, and good. Say the verse one more time to help you remember all characteristics of the fruit of the Spirit. And since you're learning about JOY today, shout that one out especially loud. Say it! (Say Galatians 5:22-23a.) And don't forget, you can choose joy no matter what's going on.