



FINDING A WAY TO BE HAPPY, EVEN WHEN THINGS DON'T GO YOUR WAY

BOTTOM LINE: You can have joy because God is with you.

Read Luke 1:28-30



Looking Forward

Although she was frightened, Mary was looking forward to the birth of Jesus! Grab an adult and have them help you talk through some things that you are looking forward to. Then, spend some time talking to God. You can pray something like this:

"Dear God, I am really looking forward to _____ (tell Him something you are looking forward to) But, I am a little frightened because _____ (tell Him something that makes you a little nervous). Thank you for putting things in my life to be excited about and also helping me when I am frightened. I love you, God. Amen"

Adults: Talk to your child about what is coming up in their lives. It could be something exciting or something a little more nerve-wracking. Ask them questions like: what are you really excited about in the next few weeks? Is there anything coming up that makes you nervous?

Look for ways you can talk to God when you are frightened.



I'm Scared

God can give us joy, even when we are fearful. Draw a picture of a time that you were scared. Then, think of how you would have felt if you asked God to help you.

Draw a picture on the back of the same situation. Only this time, draw how it would have changed if you asked God to be a part of it!

Ask God to turn your fear into joy!



Oh Baby!

With the help of an adult, look up this week's Bible verse: **Luke 1:28-30**. Read about when the angel, Gabriel, came to tell Mary she was going to have a baby! After reading through it, read the sentences below and fill in the words that the angel said to Mary to help with her fear.

Use these words to fill in the blanks:

pleased, Do, Not, blessed

"The Lord has _____ you in a special way. He is with you."
But the angel said to her, "_____ be afraid, Mary. God is very _____ with you."

Know that God will bless you and keep you safe.



Joy Over Fear

Read the sentences below. If the sentence is something that could bring on fear, hide your face in your hands. If the sentence is something that brings joy, reach your hands above your head and shout: "**Joy, Joy, Joy!**"

1. An alligator walks into your classroom at school.
2. You get an extra scoop of ice cream after dinner.
3. You just found out your family is moving to a new town.
4. You get to go to the zoo for the day.
5. You get to be the first one to open your gifts on Christmas day.

Thank God that He can help you when you are fearful and bring you joy!

