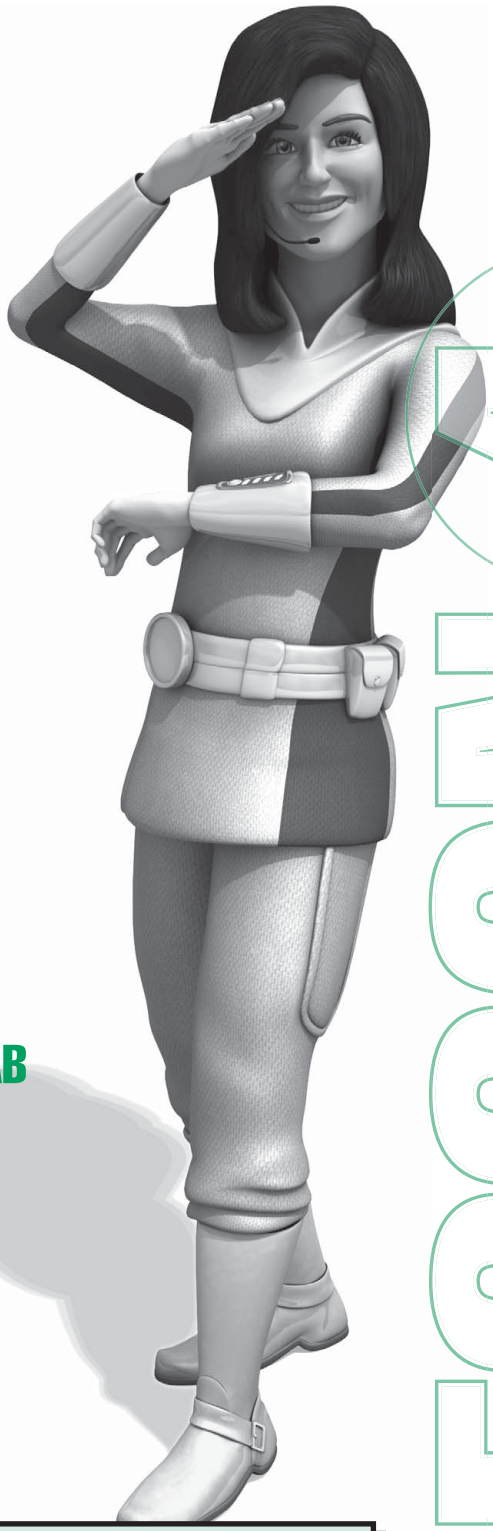
LESSON 4: JOY

- COUNTDOWN VIDEO
- WELCOME AND PRAYER
- OPENING VIDEO TRANSMISSION
- MEMORY VERSE
- GAME TIME
- SUPPLEMENTARY 1: DRAMA
- OFFERING
- PRAISE AND WORSHIP
- LESSON VIDEO TRANSMISSION
- LESSON OUTLINE
- SUPPLEMENTARY 2: ACADEMY LAB
- CLOSING VIDEO TRANSMISSION
- PRAYER, ANNOUNCEMENTS, HANDOUTS
- GAME REPRISE (IF TIME ALLOWS)



LESSON 4

Memory Verse: "Don't be dejected and sad, for the joy of the Lord is your strength!"

Nehemiah 8:10b

GAME TIME PANCAKE TOSS

Time Required: 10-12 minutes

Memory Verse: "Don't be dejected and sad, for the joy of the Lord is your strength!"

Nehemiah 8:10b

Supplies: ☐ 2 Bike helmets, ☐ 2 Solid plastic plates, ☐ 10-15 Pancakes, ☐ Upbeat music to play during game

Prior to Game:

- Prepare two "plate hats" by gluing a solid-plastic plate to the top of each bike helmet.
- Choose a Cadet to toss and a Cadet to catch for each team.
- Place team members about 10 feet apart.

Game Instructions:

- When the music begins, the Cadet chosen to toss can begin flipping pancakes to his/her hat-wearing teammate.
- Catchers will try to catch the pancakes on the plate without using his/her hands.
- The team with the most pancakes on their "catch plate" wins.

Final Word:

The joy of the Lord is expressed in many different ways. This simple and fun game can bring lots of laughter to the players and the spectators. Let's laugh more!

Notes: _____

DRAMA

BEST CASE SCENARIO: "CHEERTASTIC!"

Concept: TV-style reality show; a spinoff of "Worst Case Scenario." Highlighting kids who encounter and overcome challenges by using the power of God and His Word. Hosted by a TV-show narrator.

Teacher Tip: If a team of volunteers is not available to play all the character roles, consider substituting with a backstage voice or prerecorded audio narration.

Teen Tip: Reviewing the script prior to service and involving teen helpers is a great way to keep the Cadets involved and attentive.

Characters:

Narrator: TV-show-type personality
Cheerleader 1: Mary (Cheer Captain)
Cheerleader 2: Carrie
Cheerleader 3: Cherry (Tumbler)

Costumes:

Narrator: Dark-colored blazer
Cheerleaders: Cheer uniforms (If cheer uniforms are not available, consider wearing sport clothing; i.e., warm-ups, workout pants and cheer/girly T-shirts.)
Tennis shoes

Supplies: ■ 3 Sets of pompoms

Notes:

(Begin with the narrator standing side stage.)

NARRATOR:
Welcome to "Best Case Scenario," the show that looks at ordinary Christian kids in everyday situations. "What's so exciting about that?" Stick with us and we'll show you. In a moment, we'll see an everyday challenge turn into a "Best Case Scenario."

Now, let's meet our characters: Our first character is Mary. She is 14 years old and enjoys cheering, shopping and singing. Her favorite phrase is, "Go!"

Our next character is Carrie. She is 15 years old and she enjoys cheering, shopping and watching the Disney Channel movies. Her favorite phrase is, "Fight!"

And last but not least, is Cherry. She is 14 years old and she enjoys cheering, shopping and telling jokes. Her favorite phrase is, "Win!"

The theme of today's show is, "J-O-Y." Can Mary, Carrie and Cherry overcome their personal obstacles before cheering at the state championship and keep their joy no matter what? Let's find out.

(Narrator freezes and remains side stage; Mary, Carrie and Cherry enter from different places with their pompoms to begin stretching before the big game.)

MARY:
Oh my goodness! I've had the best day!

CARRIE:
Me too!

CHERRY:
Ditto!

MARY:
OK, so I thought my uniform was dirty and it was like time to leave. And, I'm like, OK, not cool, this is the state championship today. So I go to the laundry room and guess what's hanging there all cleaned and ironed?

CHERRY:
That cute, little, pink shirt with the polka dots?

MARY:
No, my uniform!

(All squeal)

CARRIE:
Hold on! You know how my mouth gets like really dry when I cheer?

MARY/CHERRY:
Yeah?

CARRIE:
Well, I was so nervous about the championship that I forgot my purse. And this kid just walks up to me and gives me $2 for a sports drink. Can you say cool?

MARY/CHERRY:
Cool!

CHERRY:
Listen to this. I hurt my knee doing a handspring (or cartwheel), and so this morning I'm like, "Lord, this so needs to be healed." And look…

(Cherry does a handspring or cartwheel.)

CHERRY:
Handspring! (or Cartwheel!)

MARY:
This day is like totally cheertastic.

CARRIE:
God is soooo amazing! No wonder Paul and Silas busted a cheer when they got thrown into jail.

MARY:
Ummm, I think they sang a song. But you know they totally would have made great cheerleaders.

CARRIE:
I didn't know they were tumblers! Cool. And my brother said cheerleaders weren't in the Bible!

MARY:
Well, I don't know if they could tumble, but they were full of joy! Girls, I feel a cheer coming on. Ready, OK!

(Girls grab pompoms, and there's a big pause.)

MARY:
What rhymes with joy?

CHERRY:
Joy, toy, boy, soy, roy…Oi! Oi! We could do like an Austrian cheer! Oi?!

MARY:
I love it! Ready?

CARRIE/CHERRY:
Oi!

(The girls go into cheer poses and freeze; attention is now directed back to the narrator at side stage.)

NARRATOR:
There you have it. A "Best Case Scenario." Instead of letting life's troubles get them down, Mary, Carrie and Cherry kept their joy. They are learning how to be joyful about the little blessings in life. Besides, what are cheerleaders without excitement? And to top it all off, their team won the state championship and they got their pictures in the paper, calling them "Cheertastic." Talk about a "Best Case Scenario." It just doesn't get much better than that.

(The narrator exits, then exit Mary, Carrie and Cherry.)

OFFERING GET TOGETHER

Time Required: 10 minutes

Offering Scripture: "...If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you."

Matthew 18:19

Supplies: ■ 1 Wagon

Offering Instructions:

Ask **Is there a big, strong Superkid Cadet willing to help with our demonstration today?**

- Have the volunteer sit in the wagon, with their feet inside. Challenge the volunteer to move from one side of the room to the other without changing their position in the wagon.
- (Since this demonstration requires the impossible, be prepared for a humorous response!)
- Not an easy task! Let's find another volunteer to help out. Now, this demonstration will be much easier when there is someone to pull you across the room. (Allow the Cadets to demonstrate.)
- Without assistance it was very challenging (or almost impossible) for the first Cadet to move across the room, but once there was a helper, it made the activity much easier.
- Well, this demonstration is similar to what Jesus said in Matthew 18:19: "…If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you."

Ask **What happened when our first volunteer tried to move on his/her own?**

- Yes! It was very challenging to move, he/she needed help!
- God wants us to work together. It's good to have friends who love God, who will pray with you, and who will be with you through good and challenging times.
- So, if there's something you've asked God for and it's seemed a little challenging, consider asking a friend to help "push your wagon."

Notes: _____

LESSON OUTLINE

JOY

Memory Verse: "Don't be dejected and sad, for the joy of the Lord is your strength!"
Nehemiah 8:10b

I. GOD WANTS US TO HAVE JOY NO MATTER WHAT

a. God's nature is joyful! He wants His children to have the same joy He has. His joy is inside us when Jesus lives in our hearts.
b. Feeling happy is different than having joy on the inside.
c. Happiness isn't enough when a difficult situation happens.

II. THE JOY OF THE LORD IS OUR STRENGTH Nehemiah 8:10

a. When pressure comes, joy is *really* available. 1 Thessalonians 1:6
b. Jesus had joy when it seemed impossible to have it, even while He was hanging on a cross! Hebrews 12:2
c. Joy belongs to us, *especially in the hard times!*
d. The fruit of joy will help you stop feeling sad and sorry for yourself. A joyful Superkid can use their faith and come out a winner every time!

III. TALKING TO JESUS GETS OUR JOY ALL STIRRED UP Psalm 16:11

a. Greedy and evil men had Paul and Silas beaten and thrown into prison. Acts 16:22-26
b. The joy of the Lord showed up and they chose to walk in it. They quit worrying about being in jail!
c. They had so much of the fruit of joy they sang and praised God instead.
d. The fruit of joy will strengthen you more than enough to win any faith-fight!

A Word from Commander Kellie: Many times adults will subconsciously assume that kids aren't under pressure. That is often untrue. Even in our great churches, families are going through struggles that we don't always see. Our kids must be trained to not be moved by what they see. They can believe God even when the circumstances suggest doubt!

Faith is based on God's good plans for us (His Word). Circumstances can make us "feel" happy or sad— even both in one day— or even in one hour!

Joy is a powerful force not based on feelings (or flesh), but one which comes out of our spirit in a difficult situation.

Even in the middle of crying, joy will rise up from the inside. As joy comes, the pressure of the difficulty will begin to lift, tears will ease and you can turn your eyes to Jesus who is the One with all the answers. (Psalm 121:1-2).

Joy is the force that makes way for faith to rise up. Then peace will begin to work as well. Pressure can make it difficult to walk by faith, but these fruits of the spirit are like a team of superheroes to the rescue!

ACADEMY LAB

LET 'ER FLOW

Time Required: 10 minutes

Foundation Scripure: "...Although great trouble accompanied the Word, you were able to take great joy from the Holy Spirit!—taking the trouble with the joy, the joy with the trouble." 1 Thessalonians 1:6 MSG

Teen Tip: Involving teen helpers is a great way to keep the Cadets involved and attentive.

Supplies: ☐ 3/4 Cup of baking soda, ☐ 1 Cup of white vinegar, ☐ Damp sand, ☐ 1 Small can, ☐ 1 Pitcher, ☐ 1 Container of red food coloring, ☐ 1 Tray

Prior to Segment:

Consider trying this demonstration prior to the segment presentation.

- Place the damp sand on the tray in the shape of a volcano.
- Press the small can into the top of the volcano, leaving the top of the volcano uncovered.
- Build the sand up around the can until the whole can is hidden.
- Prepare this mixture prior to the segment demonstration for timesaving purposes:
- Place the baking soda in the can.
- Mix the vinegar and food coloring in the pitcher.
- When it's time for the eruption, pour the vinegar mixture into the can of baking soda and watch the lava flow!
- Choose a teen helper or adult volunteer to assist with this demonstration.

Lesson Instructions:

Ask **Has anyone ever seen a real volcano?**

- Well, today we are going to make our own volcano!
- First, we'll have our volunteer place this damp sand on the tray and form it into the shape of a volcano. Now we'll place this small can in the middle of the volcano and build the sand up around the can.
- This volcano is similar to the challenges we face. Some challenges may seem like a big volcano, standing between us and our joy.
- Let's see what God's Word says about our response to the challenges (or mountains) we face. Our Memory Verse says we are to choose joy!
- (Prepare the eruption mixture for the volcano and allow it to erupt while sharing the rest of the lesson.)
- When we choose to turn our attention away from our challenges or "volcanoes" and focus on God, His promises and how much He loves us, happiness and joy will bubble out of our hearts and completely cover the mountain of problems that seem so big.
- The fruit of joy comes from choosing a relationship with God and walking in His presence. As we learn and experience just how big God's love is for us, we won't be able to stop the joy overflow!