

# Rejoice in the Light of Jesus

**TEXT:** Philippians 4:4-20

## LESSON OBJECTIVE

- Know:** We can have joy in Jesus by turning the situation over to God, thinking right thoughts, and thanking God for what He will do.
- Think:** Our joy does not depend on the things that happen to us, but it is found in Jesus.
- Do:** Choose to find joy in every situation by rejoicing in Jesus.

**APPLICATION VERSE:** John 8:12

**THEME:** Rejoice in Christ

Ministry of **JOHN THE BAPTIST**

Roman Emperor **NERVA** born

**JESUS** baptized

**JESUS'** ministry begins

**PHILO OF ALEXANDRIA** produces allegorical interpretation of OT

**JESUS'** death, burial & resurrection

AD 29

AD 33

## PREPARATION CHECKLIST



### LEARN

- TE 1-16
- Field Notes* NT-4
- Colored pencils



### APPLY

- TE 1-16
- TE 1-17
- Field Notes* NT-4



### RESPOND

- TE 1-1
- TE 1-1d
- Field Notes* NT-4



## DAILY BIBLE READINGS

- Day 1—Philippians 4:4-7
- Day 2—Philippians 4:8-9
- Day 3—Philippians 4:10-13
- Day 4—Philippians 4:14-17
- Day 5—Philippians 4:18-20



## Take Note:



Are you on Facebook? Join the D6 Curriculum Teachers group, a place of community for you to share stories, ask questions, get advice, and engage in conversations with other D6 curriculum teachers.



## THE MORE YOU KNOW:

In every season of life there is a reason to give thanks. Paul tells us to *always* rejoice in the Lord (Philippians 4:4). *Always* is a strong word meaning at all times and in any event. There will be seasons and situations when rejoicing is difficult, but we can have confidence in the Lord to see us through every trial (Proverbs 14:26).

Paul knew the Lord would see him through every storm of life, and he did not hesitate to share this with others. Paul focused on things above (Colossians 3:2). He glorified God in the hard things, and he rejoiced in the victories God provided. Like Paul, having a Biblical perspective will help us find joy in situations that frighten and overwhelm us.

How do we rejoice in the light of God's glory as Paul did? We bring our requests to God, we trust God and His Word, and we *choose* to be thankful (Philippians 4:6-7). When we focus on the Lord's provision, our frustrations and anxieties decrease, and our joy and thankful spirit increases.

### Option 1

Sing a few of the following songs: "I've got the Joy Down in my Heart," "Rejoice In the Lord Always," "If You're Happy and You Know It." **What do you think we are going to be talking about today based on the songs that we sang?** Encourage response. **We are going to be talking about rejoicing in the Lord. Do any of you know what joy is?** Encourage response. **Joy is contentment from knowing Jesus. When we are content, we are satisfied with what God provides. Joy is different from happiness, because happiness is based on our circumstances. Today we are going to learn about how to have and keep our joy in Jesus.**

### Option 2

Have the students sit in a circle. Explain that they are going to help you with a make-believe story. You are going to start the story with something bad that happens, and then the next student will add to the story, but adding something good that happens. The next student will continue the story, but add something bad. Continue alternating back and forth between good things and bad things. For example, "I wanted a new toy from the store, but my mom said she couldn't spend the money." The next person might add: "But then I remembered I had gotten \$20 for my birthday." The next person might add: "When I went to go get the money, I couldn't find it." The last person could add: "Thankfully, my mom found it in the laundry." Create several stories as time allows. **Do you ever have times when something bad happens, but then something good happens. It's easy to get discouraged when bad things happen and it's much harder to keep a good and thankful attitude during those times. That's because we are confusing our happiness with joy. Do any of you know what the difference between happiness and joy is?** Encourage response. **Joy is contentment from knowing Jesus. When we are content, we are satisfied with what God provides. Happiness is based on our circumstances. Today we will learn some ways to find and keep our joy in Jesus.**

---

---

---

---


---

---

# LEARN

- Items Needed:** TE 1-16  
*Field Notes* NT-4  
 Colored pencils

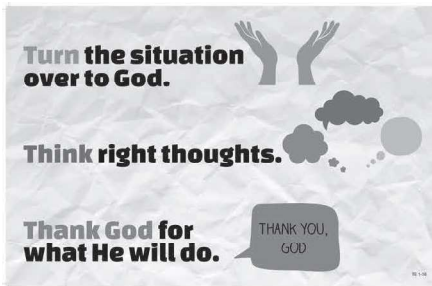
Before class, copy *Field Notes* NT-4 so each student will have one. **In our lessons this month, we have talked about the light of Christ. We learned Jesus is the light. Let's say that together.** Encourage response. **We also learned we are to follow the light, and we are to let our light shine so others will see Jesus in us. Today we will learn more of what Paul said in his letter to the Christians in Philippi.** Distribute *Field Notes* NT-4 and colored pencils to the students. Have them color the words at the top of their *Field Notes*. Read Philippians

 God hears our prayers because **god is a personal, spiritual being** who cares about His people.



*Field Notes* NT-4

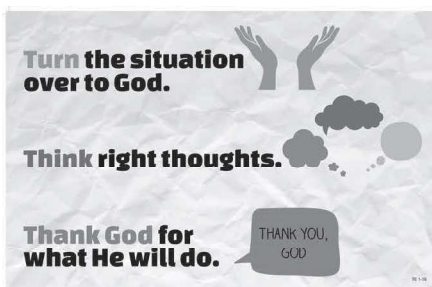
4:4 aloud to the students. **What did Paul tell the Philippians to do?** Encourage response. **Rejoice in the Lord always.** What was the last word? Encourage response. **Yes, Paul used the word *always*.** Have the students underline the word *always*. **Paul didn't say when things are good or when we are getting our way. Paul said we should find joy in God *always*.** Can you think of a situation where it might be hard to rejoice in the Lord? Encourage response. **There are many times in our lives when rejoicing in the Lord isn't easy. But Paul shares ways to help us be joyful no matter what is happening in our lives.** Display TE 1-16. Allow the students to color the pictures as you are discussing ways to always be joyful. **Paul instructs the Philippians to *turn the situation over to God*.** Paul encourages the people not to worry about anything and reminds them to pray about everything with thankfulness, **When we do this, God gives us peace** (Philippians 4:6-7). Paul also told the Christians in Philippi to ***think right thoughts***. Read Philippians 4:8 aloud to the students. **He told the believers to think thoughts that are true, honest, just, pure, lovely, of a good report, virtuous, and praiseworthy. When you've prayed about your situation and thanked God for His help, but you still have sad, angry, or anxious feelings, we should ask ourselves, "Is this thought true? Is this thought honest? Is this a pure thought?"** Our minds are to be focused on pure and holy things as well as rejoicing. Finally, ***thank God for what He will do***. Paul learned to be satisfied, to be thankful whether he had a lot or a little. If we take time to recognize that our needs are taken care of, and realize our wants can wait, many times our thankful spirit will return (Philippians 4:11-12).



TE 1-16

## EXPLORE

Being thankful in hard times takes practice. We must remember God is always with us. He knows our troubles, and He wants us to trust Him for help. He cares about every worry, and He wants us to give Him every concern (1 Peter 5:7). We need to come before God in humble prayer, remembering that He will give us what we need. We can do all things through because God gives us strength (Philippians 4:13). The Bible tells us the Lord will give amazing strength and peace to those who ask for it and who need it (Philippians 4:7). Knowing and trusting God's Word, we can be faithful to God in all situations because He will give us the strength to do so.



TE 1-16

## APPLY

Items Needed: TE 1-16—TE 1-17  
Field Notes NT-4

Read the following situations aloud. Refer to TE 1-16. Have students use the ways on TE 1-16 and their *Field Notes* to discuss how they can rejoice in Jesus in each one. Ask the students to tell you what words to say to turn the situation over to God, what thoughts to think, and what to thank God for in each of the following.

**Evan remembered coming home from school and learning that his grandmother had a heart attack and had been rushed to the hospi-**



Field Notes NT-4

tal. Evan was afraid at first, but he prayed his grandmother would get better and come home soon. Days turned into weeks and then his dad told him that his grandmother would probably never come home. Now Evan was angry with God for not answering his prayer. *How can Evan rejoice in Jesus?*

Jenna’s dad had been out of work for six months. The entire family had been careful about spending money, but there’s a class trip she really wants to go on. But Jenna knows there’s not enough money in the budget and she’s letting it affect her attitude about everything else. *How can Jenna rejoice in Jesus?*

We don’t always get the answer we want to a situation, but that doesn’t mean God’s not there or we can’t find joy in what is happening. Sometimes we have to ask God to help us accept the situation. But remember, true joy comes from turning the situation over to God, thinking right thoughts, and thanking Him for what He will do. When we continue to follow Jesus and His light, we will find true joy. Display TE 1-17 and review the application verse with the students by saying it together. Our application verse for this month tells us Jesus is the light of the world. When we follow Him, two things happen: we don’t walk in darkness and we have the light of the life. Jesus is always with us leading us in the right ways.

Choose a student to lead the other students in an activity (hopping, skipping, jogging in place, jumping jacks, etc.) while saying the application verse. Then allow the student to choose another student who will do the same, but with a different activity. Continue as time allows.

# RESPOND

Items Needed: TE 1-1  
TE 1-1d  
Field Notes NT-4

It is very easy to only see the bad things around us, especially when we’re in the middle of a hard situation. The first thing we want to do is complain about how difficult our circumstances are instead of looking for the positives in the situation. How can we learn to focus on the positives instead of remaining zeroed in on the negatives? Encourage response. Add TE 1-1d to TE 1-1. We must remember to *rejoice in the light of Jesus*. This entire month, we have focused on how we are to be a light in this world. When the world goes through darkness, they have no light to guide their way—no reason for joy or peace. Can you imagine going through a hard time without the hope that we have in Jesus Christ? Encourage response. Our thoughts and reactions to our circumstances are the biggest testimony that we can have. This will also help give us a new perspective on situations that can be difficult by allowing us to see His provision and hand of guidance in our lives. Our joy does not depend on the things that happen to us, but it is found in Jesus. Have the students refer to the *Next Step* section on their *Field Notes*. Your *Next Step* is to choose to find joy in every situation by rejoicing in Jesus. Use the three steps from your *Field Notes* to help you have the right outlook. End class with prayer for your students and thank Jesus for helping us have true joy.

## Notes

---

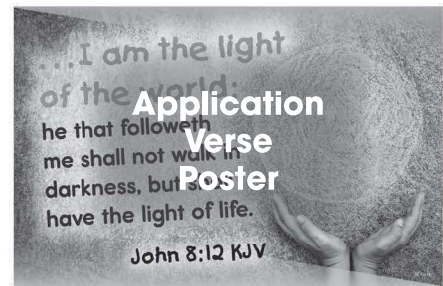
---

---

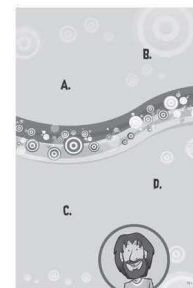
---

---

---



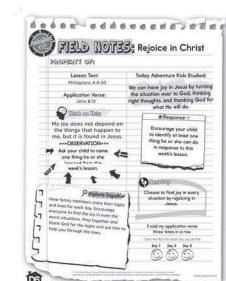
TE 1-17



TE 1-1



TE 1-1d



Field Notes NT-4