

Does God Want Me To Be Happy?

LESSON #1

TEACHER'S GUIDE

LESSON OVERVIEW

Big Idea: God wants us to be more than happy

Key Question: Does that mean God gives us everything we want?

Memory Verse: *Delight yourself in the Lord, and he will give you the desires of your heart.* **Psalm 37:4**

Overview: Today, we're talking about happiness. We all like to be happy, right? When we think of happiness, we think of the things that make us smile, laugh, and eating things that make us say, "YUM!". Being happy is great but it's not necessarily the best. You know why? Because, happiness is a temporary feeling. You can be happy one minute and then sad the next, based on your situation. If all you care about is the temporary happy feeling, then you will probably make some bad choices along the way. For example, you might think being happy means eating all the candy you want. But, you realize afterwards, that you're upset stomach doesn't make you so happy. That's why God doesn't want us to be just happy for a moment. He wants us to be more than happy. He wants us to have a lasting happiness that comes from a relationship with him. God knows everything and he knows what we need. If we put him first in our lives, he will show us what it means to be more than happy.

CLASSROOM AGENDA

- 5 min **PLAY:** Begin working on Activity Page #1.
- 5 min **WARM UP:** If you could eat whatever you wanted all day, what would you choose? What are some potential consequences for eating too much of a good thing?
- 5 min **PREVIEW:** Write out the Big Idea and Memory Verse and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1. (if applicable)
- 20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.
- 5 min **RECAP:** Read the **Lesson Overview** from the Teacher's Guide to the class and then **answer** the KEY QUESTION.
- 5 min **EXPLORE:** Read [Philippians 4:11-13](#). What does it mean to be content? How does being content affect the way we look at life?
- 10 min **PLAY:** Choose a group activity from Activity Page #2.
- 5 min **CLOSE:**
 - Share something you learned today about what it means to be more than happy?
 - Share prayer requests and pray as a class.

TEACHER TIPS

Don't forget that you set the tone for your kids. Smile. Have fun. Pursue God together.

Allow each kid to share. The point: It's fun to do things that make us happy but sometimes we can over do it.

Answer: No, God gives us everything we need. God doesn't promise to give us everything we **want**. He promises to give us everything we **need**. God knows us better than we know ourselves. He knows what we really need to be happy. We tend to chase after things that seem good in a moment, temporary happiness, but those things later can cause us trouble. God wants us to focus on him, first, and let him lead us toward the things we **need** to be more than happy.

Bonus Questions: What are some examples of things God gives us that we need? (people to take care of us, forgiveness of sins, food)

4-5th: What's the problem with chasing after only the things that make us temporarily happy? What's the difference between things we want versus what we need?

Content means you're totally pleased with your life. You aren't wishing for things you don't have and you're thankful for the things you do have. You trust that God has given you everything you need, and when bad things happen, you know that God will help you through it.

Allow each kid to share.

ACTIVITY PAGE #2

Classroom Activities K-1st

Option #1

More Than Happy Bookmark Craft

- Give each kid a bookmark template (pg 5)
- Have kids cut out the bookmark
- Have kids color and decorate their bookmark
- While they are decorating, talk about things they can do to be more than happy (reading Bible, helping others, loving God, praying, etc.)

Supplies needed

- white cardstock
- bookmark template (pg 5), printed on white cardstock, one per kid
- scissors
- crayons

Bonus Activity:

Play the **Silly Memory Verse** game.

Say the memory verse as a class. Say it again while **clapping** your hands. Say it again while **stomping** your feet.

Option #2

More Than Happy Jeopardy

- Divide the class into two teams
- Give each team a bell or ringer
- Ask a question below. The first team to ring in gets a chance to answer. If correct, the team gets a point. If wrong, other team gets a chance to steal and get a bonus point
- Team with the most points wins

Questions:

1. What book in the Bible is our memory verse from? (Psalm)
2. True or False: God gives us everything we want. (F)
3. Who wants us to be more than happy? (God)
4. What is the name of the book full of God's words? (Bible)
5. What is the Big Idea today? (See board or teacher notes)
6. Who died for our sins? (Jesus)
7. True or False: God wants us to be more than happy. (T)
8. Where did Jesus die for our sins? (cross)
9. Is the memory verse in the OT or NT? (OT)
10. Fill in the blank: Chasing happiness can lead us down the _____ (wrong path)

Supplies needed

- 2 bells or ringers

Bonus Activity:

Play **Bible Hangman**

Words: happiness, Jesus loves you, Bible:

Does God Want Me To Be Happy?

LESSON #1

KID AND PARENT GUIDE

[Online @ pursueGOD.org/kids](http://Online@pursueGOD.org/kids)

1 Discover Truth

Watch this week's lesson video as a family (see link above) and fill in the blanks.

1. God never said we will always be _____.
2. Chasing happiness can lead us down the _____.
3. _____ wants you to be _____ than happy.

2 Talk about it

Answer these questions together as a family.

1. If you could eat whatever you wanted all day, what would you choose? What are some potential consequences for eating too much of a good thing?
2. Does it surprise you to know that God never said you'll always be happy? Explain.
3. What are some examples of things people do to find happiness that might not be the best for them?
4. What do you think more than happy means?
5. Read [Philippians 4:11-13](#). What does it mean to be content? How does being content affect the way we look at life?

3 Live it out

Memorize this week's Bible verse:

"Delight yourself in the Lord, and he will give you the desires of your heart"

Psalm 37:4

Bonus: Read these additional passages as a family this week

- Read [Luke 6:21](#). What is the future hope this passage is speaking about?
- Read [Psalm 5:12](#). How does God show his love to us?
- Read [Hebrews 13:5](#). Why shouldn't we love money? What does God promise us in this passage?

Parent Signature _____

Learn the 3 basic truths of the Christian faith in the [Foundations for Kids](#) series.



ACTIVITY PAGE #1

K-1st Grade

Kids

BIG IDEA

God wants us to be more than happy

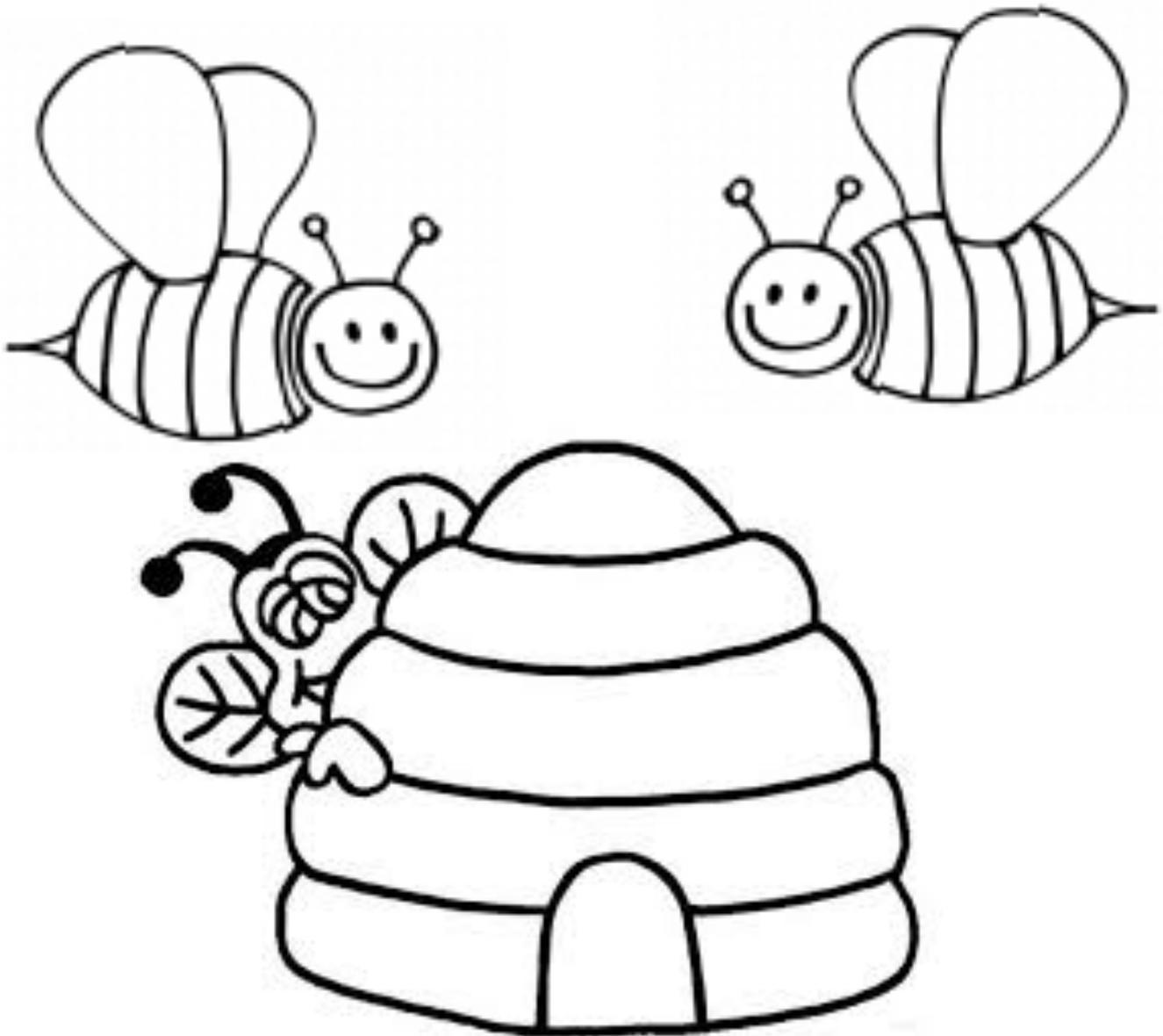
KEY QUESTION

Does that mean God gives us everything we want?

MEMORY VERSE

"Delight yourself in the Lord,
and he will give you the
desires of your heart"
Psalm 37:4

Color the picture



BEE HAPPY IN THE LORD

[More @ pursueGOD.org/kids](http://More@pursueGOD.org/kids)

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