

# SMRUC 613 NEWS

October 7 2018

Psalm 16:11

Joy

**You will show me the path of life;  
In Your presence *is* fullness of joy**

**Psalm 16:11**



## Bible Puzzle

### Fruit of the Spirit List in Code

The fruit of the Spirit is listed in Galatians 5:22-23. The Holy Spirit produces these qualities in the life of each Christian. You can decode the list here.



○ L E V



Q L B



K V Z X V



K Z G R V M X V



P R M W M V H H



T L L W M V H H



U Z R G S U F O M V H H



T V M G O V M V H H



H V O U X L M G I L O

In this code, A stands for Z, Z stands for A, etc.

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | B | C | D | E | F | G | H | I | J | K | L | M |
| ↕ | ↕ | ↕ | ↕ | ↕ | ↕ | ↕ | ↕ | ↕ | ↕ | ↕ | ↕ | ↕ |
| Z | Y | X | W | V | U | T | S | R | Q | P | O | N |



## Discuss This:

- What is the difference between Joy and Happiness?
- Does having joy mean always smiling?
- How is building joy like working out?
- What does our bible scripture tell us about where joy comes from?

One foundational way to live a life full of joy is to practice gratitude every day and in every way. A grateful spirit does not dwell in negative things. Being Thanksgiving, the timing of this lesson is perfect! What do you do to celebrate and build a thankful spirit?

Happy  
Thanksgiving




## Ways To Find Joy

1. List what you are thankful for
2. Write a letter to someone
3. Sing loudly
4. Hold someone's hand
5. Compliment a stranger
6. Go for a walk outside
7. Dance like no one is watching
8. Watch sunrise or sunset
9. Say thank you and mean it
10. Volunteer to help
11. Hug someone close and long
12. Try something new
13. Breathe deeply
14. Snuggle
15. Laugh. A lot for no reason
16. Learn some new jokes
17. Make a craft
18. Call on a friend
19. Go for an ice cream or a float
20. Take silly selfies with your family