



## F.O.T.S. Forest Devotional- Lesson 3

### Real joy comes from the Holy Spirit

**Hello, F.O.T.S. Forest Friends!**

Thank you so much for taking this journey with me! I'm so excited to teach you what having true joy really means. We'll be talking about what temporary joy looks like versus real, long-lasting (permanent) joy.

Sometimes people use the word "joy" to mean "happy" or "happiness," but real joy is actually much deeper than just feeling happy. You might hear those words as we go along.

So, if you're ready, grab your Bible and your book of "JOY," and let's hop right in!

### ■ Let's Start with a Thought... (Temporary Joy)

Have you ever opened a present for your birthday or Christmas and felt really excited about your new gift? Isn't that a great feeling? Maybe it was a new toy, the latest video game, or a brand-new stuffed animal.

Whatever it was, it made you feel warm and happy inside. Maybe you showed it off to your brother or sister, or you couldn't wait to tell your friends about your awesome new gift!

— Do you remember what new gift Gunner received from his Granny?

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That's right! It was a cool new satchel.

— Can you tell me what he used his satchel for?

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Great job! He used it to collect yummy berries!

— Do you also remember what happened to Gunner's new gift? (Say your answer out loud.)

Gunner was really sad, wasn't he? Have you ever lost or broken something that was important to you?

— How did that make you feel?

Losing or breaking something special can make you very sad.

The truth is, sometimes the things that make us happy don't last very long.

But what if your joy didn't disappear... even when things go wrong?

Well, I have some great news—there is a joy that lasts forever! Let's look at the next section to find out where we can find permanent joy.

## ■ Let's Learn the Truth (Permanent Joy)

As we learned in a previous devotional (see Lesson 1: "Who is the Holy Spirit?"), God sent us a Helper.

— Do you remember who He sent?

That's right—God sent us the Holy Spirit!

One of the beautiful things the Holy Spirit gives us is joy.

■ (Read Galatians 5:22–23.)

The amazing truth about having the Holy Spirit in your life is that you can have joy no matter what happens.

— Can you remember what Granny told Gunner about where permanent joy comes from?

(Hint: Read John 15:11.)

Gunner thought his greatest gift was his shiny new satchel.

— But what did Granny say his greatest gift really was? (Say your answer out loud.)

Great job! Our greatest gift is knowing that Jesus loves us, and that's where true joy comes from.

When you follow Him and live your life for God, the joy He gives you can never be lost, broken, or taken away.

## ■ Let's Make It Personal

Would you like to have this kind of joy in your life?

Good! Let me help you with a simple prayer.

## ■ A Prayer for Joy

Dear God,

Thank You for loving me so much. Thank You for sending the Holy Spirit to help me.

I know that sometimes I look for happiness in things that don't last. Help me to find true joy in You instead.

Fill my heart with Your joy—the kind of joy that never goes away, even when things are hard.

Help me to follow You, trust You, and live my life for You every day.

Thank You for giving me a joy that can never be lost, broken, or taken away.

I love You, God.

In Jesus' name, Amen.

## ■ Notes for Parents

The ESV translation was used for this devotional. Other translations may be used, but wording may vary in the fill-in-the-blank sections.