



LESSON

28

FAMILY DISCIPLESHIP TIME

Cheerful Heart: Being Joyful and Sharing That Joy with Others

Objective: Students learned that being joyful and sharing joy with others makes us become more like Jesus.

Bible Verse: Proverbs 17:22 *"A cheerful heart is good medicine, but a crushed spirit dries up the bones."* (NIV)

Bible Story: Jesus Has a Cheerful Heart Toward the Lost Sheep (Luke 15:3-7)

Action Steps:

1. Bible Time: As a family, read *Jesus Has a Cheerful Heart Toward the Lost Sheep* and discuss why Jesus was so happy when he found His lost sheep and is happy when people turn back to Him after they have sinned.

2. Scripture Memory: Practice singing or reciting the memory verse each day as a family.

3. Practice: Practice having a "cheerful heart" this week by cheering someone up when they feel sad or discouraged. This could include visiting someone who is sick or cheering up a sibling who got hurt or is feeling down. Think of something nice your child could do for that person and remind them to smile and be friendly to them to show a cheerful heart. Like our Bible verse says, a cheerful heart will be good "medicine" for them and will be showing them God's love. **Place stickers or checkmarks next to CHEERFUL on your Character Trait Sticker Chart every time you catch your children displaying a cheerful heart.**

4. Model: Practice cheering up your children when they are feeling down. When you are having a bad day, let your kids know that you are praying for God to help you have a cheerful heart and be intentional to practice cheerfulness during trying times with God's help. Children will pick up character traits more easily when they see a good model from parents! ☺