

Laughter and Joy SBR 2020

[God says] You are special because I made you and I don't make mistakes!

Time for a Dance Party! Stand up and move, clap or find something to bang on along with the music. Find joy in the music! (Songs from the Loft CD)

Joy! by Wes King https://m.youtube.com/watch?v=2TA3yvDwTA8&list=PLUc8oL7_8KGg5cyx62IE1qFxFWIPdkJz&index=6&t=0s

Seek First by Susan Ashton https://m.youtube.com/watch?v=e0ZxzuKj8rY&list=PLUc8oL7_8KGg5cyx62IE1qFxFWIPdkJz&index=1

How can you not laugh and have fun with that bouncy, twangy sound in *Joy*? How does one not clap along to *Seek First*? These types of songs bring laughter, joy and praise to God. They can bring smiles and a bit of hope during a cooped-up, uncertain world. I hope you are able to find fun through music!

Shout for joy to the LORD, all the earth, burst into jubilant song with music; make music to the LORD with the harp, with the harp and the sound of singing, with trumpets and the blast of the ram's horn—shout for joy before the LORD, the King. Psalm 98:4-6 NIV

Homemade instruments: Along with banging pots and pans, try some of these:

Maracas: plastic eggs with rice inside (tape closed) or 2 cups filled with rice taped together at mouth area

Guitar: empty tissue box or cereal box with hole cut in middle; add several rubber bands around entire box, covering the hole for plucking sound

Chimes: glasses filled with water at different levels; gently bang with spoon for sound

Finger cymbals: hot glue a strip of fabric to pieces of metal (soda bottle tops, smooth can tops)

Tambourine: cut paper plate in half; punch holes on uncut (rounded) side, and add jingle bells to the ends with pipe cleaners or rubber bands

Making chores fun: Have everyone put a white sock on their hand/arm. Choose a favorite song to dust to. On your mark, get set, dust! The winner is the one with the dirtiest sock!

Read or listen to: *You are Special* <https://m.youtube.com/watch?v=uHyVH0BCJns>.

I realize it is a picture book, but people of all ages should appreciate this message. Then, follow the story by playing the game.

The Sticker Game: materials needed: stickers of any kind, a timer (or play game for the length of a favorite song), a designated area to move around (indoors or outdoors)

- Give each participant a sheet of stickers and show everyone the boundaries of the game.
- The object of the game is to remove all your stickers off your sheet and put them on people. The leader can set the pace; for example, no running or only giant steps, etc.
- Set timer and go!
- The winner is the person with the least amount of stickers on them.
- Next game: play in reverse: take stickers off of people and put them on you (or your sheet). The winner then has the most stickers on them.

I'm Stuck Inside — the REAL Story!

(Fill in the blanks without reading the story. Then, read the story(ies) to the group.)

Once upon a time, [name of someone] asked me to [something you do in the morning]. I thought it was a [adjective] request since I was at [a place you like to visit] and I was [something you like to do]. I did what I was told, and [name of someone else] [something you do when you see a bug]. I turned to them and said, [how you answer the telephone], [a question you'd like to ask the President]. For some reason, this got me in trouble and I got sent straight to my [a place in your house]. This made me [a feeling]. It is [color] and [a way something smells] in here and it makes me think of [favorite TV show] and [favorite food]. I know I shouldn't [what you do in the summer], but I can't help myself. I just can't seem to stop. So, [something that makes you laugh] is the REAL reason I am stuck inside! By [favorite actor]

The Ping-Pong game: materials needed: a table for everyone to sit around, ping-pong balls, straws (optional), a favorite song

- Sit players at the table, across from each other.
- Everyone on one side is a team and everyone on the other side is a team.
- No hands or touching the ping pong balls allowed.
- Turn on music and drop ping pong balls on the table.
- Each side tries to blow the balls over to the other side of the table—hoping the balls will fall off. Play game for the length of a song. The side with the least amount of ping pong balls on the floor on their side wins.



Devotion: excerpts from *Filled with Joy* by Rev. Baumgarten, Bethesda's *Learning with Jesus*

A balloon is full of air, a swimming pool is full of water, and our hearts can be full of joy.

Happiness is different from joy. Happiness comes from feelings and emotions; joy comes from God. Joy is a way of life. In other words, we are not always happy. Our happiness comes and goes depending on what is going on around us. We may be happy when someone comes to visit, but not so happy when they have to leave.

Happiness doesn't last forever; but joy is different. Joy comes from God and is connected to God. Joy is a gift that God gives us because He loves us. Joy is being filled with the love of God. Joy is knowing God is always with us, no matter how we feel or what is happening to us. Jesus makes a promise that no one can take away our joy. Joy is forever.

When you are sick, you can still feel joy. Joy is knowing God is with you and cares for you when you are sick. When you are sad or upset, you can still feel joy. Joy is knowing God understands how you feel and can turn bad things into good. You may not be happy during these times, but you can always find joy. Joy fills us up, like a balloon full of air or a swimming pool full of water. When joy fills us up, we will then sing and praise God all the time.

You can find the rest of this devotion on p.35, *Learning with Jesus*. If it is missing from your Bethesda library, contact Religious.Life@Bethesdal.org.