

# With JOY!

Does how we do things matter to G-D?

Read together: Shemot 25:1-2 (TLV)

G-D gives us many ways we can obey HIM. We call these acts of obedience; “mitzvot”, special commandments, opportunities to show LOVE to HIM. We can give of, our time, our energy, our money, our patience, our obedience, and our attention. We can also give him our JOY. When we perform a mitzvah, no matter what it is, we must do so out of love and in a joyful way, not as a “bargain” or begrudgingly but in a way that is loving to the one we are giving obedience to. G-D only wants what we do in love, those whose hearts compel them.

We are going to take turns doing mitzvot for one another. One of our teachers is going to model the “WRONG” way to do the mitzvot, and then we will decide how they are “not showing LOVE for G-D”. Then we will take turns performing the mitzvah, and we will decide how their behaviour shows love for the person, and for G-D. We will write these down on our sheets and create a reminder of how we are to perform the mitzvot in our lives. We will also get practice showing love for one another. Are you ready?

Read together: 1 John 3:18 (TLV)

Children, let us not love with word or talk, but in deed and truth!

Let's Play!

Remember that practice does not make perfect. Practice makes permanent. Which means each decision you make in regards to your character, makes that character more permanent in your life. Practice being surly, sour, angry, and wrong, and you will eventually be a surly, sour, angry, and wrong person.

If however we practice kindness, love, JOY and happiness, our life will be filled with those things. Eventually we will even begin to look for opportunities to serve with JOY! Which in turn will lead us to more JOY.

We can choose JOY. The result of this daily choice has an incredible side-effect! It might be hard to believe, but years of neuro-science (BRAIN-ology) has proven something that G-D has always known; When we act happy, we become happier, more joyous people! How cool is that? Another way to say this is; When we give G-D our JOY, he increases it and gives us even more. Our G-D is AMAZING!



# With JOY! (Teachers Guide)

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Copy the ‘List of Love’ and ‘Bad Attitude’ vocabulary on the white board. Distribute the “With JOY” sheets to the class, along with a sharpened dark coloured pencil for each yeladim. Read the activity sheet up until the verse and then have the class read along with you. Then;

choose a child to request a favor (have them stand at the front of the class) in front of the lists and a child to model ‘JOY in the Mitzvot’ (Have them stand at the back of the class) facing the front.

Have the ‘requester” choose an item off the list and ask politely for the item or service. The teacher goes first extravagantly exhibiting one or more of the ‘bad attitudes’ on the list. Then stop, and ask your class when the giggles end; “How was I doing that wrong?” Let them write one or more bad behaviors on their sheets. Then say: Let’s see how I should have done it. Show the ‘model” one of the “List of Love” words and ask the ‘requester’ to repeat their request. Encourage the ‘model’ to smile and be enthusiastic.

Under NO circumstances should the ‘model’ ever model bad behaviour. Remember practice makes permanent, and we DO NOT want our precious yeladim to practice bad behaviour. EVER!

Eventually we will even begin to look for opportunities to serve with JOY! Which in turn will lead us to more JOY.

The result of this behaviour has an incredible side-effect! It is hard to believe, but years of neuro-science (BRAIN-ology) has proven something that G-D has always known; When we act happy, we become happier, more joyous people! How cool is that? Another way to say this is; When we give G-D our JOY, he increases it and gives us even more. Our G-D is AMAZING!

# With JOY! (List of Mitzvot)

Does how we do things matter to G-D?

- Would you please bring me a pencil?
- May I please have a glass of water?
- Will you please bring me a Bible?
- Might I trouble you for a band-aid?
- Would you bring me the roll sheet?
- Please will you find me a pen?
- May I please have a black marker?
- Please bring me a white board marker?
- Will you please bring me the tzedakah box?

# (List of LOVE)

- Joyful-dancing
- Happy-smiling
- Delighted -skipping
- Immediately-jumping to it
- Giddy-giggles and skipping
- Above and Beyond-doing extra
- Loving-doing it quickly and happy
- Pleased-smiling and looking for the best

# With JOY!

Does how we do things matter to G-D?

| What?    | Joyful | Hateful |
|----------|--------|---------|
| Action   |        |         |
| Attitude |        |         |
| Action   |        |         |
| Attitude |        |         |
| Action   |        |         |
| Attitude |        |         |

# (List of Bad Attitudes)

- Anger-frowning
- Disgust -rolling your eyes
- Weariness-dragging your feet
- Obligated- saying 'fine' growling
- Fearful of the asker-shaking acting afraid
- Annoyed-Psht, or snorting, saying 'whatever'
- Cannot be bothered to do it-ignoring the request

**With JOY!** name: \_\_\_\_\_

Does how we do things matter to G-D?

| What?    | Joyful | Hateful |
|----------|--------|---------|
| Action   |        |         |
| Attitude |        |         |
| Action   |        |         |
| Attitude |        |         |
| Action   |        |         |
| Attitude |        |         |

**With JOY!** name: \_\_\_\_\_

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