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*Saint Mark's Church
Sunday School*

The Life of Joy is a Gift
Code: 11/SP/5
Phil.4:4

1. General Aims of the unit

To explore the basics of the spiritual life and how to practice them.

2. Special aims of the lesson

1. Define the meaning of the spiritual Joy and differentiate between it and the wordily fun and pleasures.
2. Highlight the joy as a fruit of the Holy Spirit and a virtue
3. Highlight the main reasons for the Christian to rejoice.
4. Explore the value of joy in the spiritual life.

3.Outcomes

By the end of this lesson the teens are able to:

1. Debate the fact that joy is a must for the progress of the spiritual life.
2. Contemplate and remember by heart some of the verses of Joy and practice them.
3. Accept (from the Holy Spirit) the gift of joy , their share in this virtue and live in its blessings .

4.Verses: John 16:22 ; 20:20 ; Acts 5:41 ; Phil. 4:4

5.References: Attached notes

1. Notes about Joy
2. Articles about Joy-from web-sites