

UNIT 1: JOY • LESSON 1:

“Mary’s Joy”

LUKE 1:26-38, 46-56



ADVENT:

The season of Advent is the 4 weeks before Christmas. Advent means to wait and prepare. We are preparing for Jesus to be born. Each Sunday we prepare our hearts for the birth of Jesus and focus on a special word. Even though our 4 week Sunday School unit will focus on finding JOY every week in our Bible stories, we also have other special words that help us prepare for Christmas. This week it is HOPE. Hope means to believe that good will come. When you have hope in your heart you are happy about what the future holds for yourself and for others.

BIBLE STORY:

We start our Christmas story journey with Mary - the mother of Jesus. This story is from the book of Luke:

Mary lived in the town of Nazareth. Mary was engaged to marry Joseph, a builder whose family lived in Bethlehem. One day an angel appeared to Mary. At first, Mary was scared! But the angel Gabriel spoke to her, saying, “Don’t be afraid, Mary. God is pleased with you. I have come to tell you good news! God is going to send you a baby boy. You will name him Jesus. He is God’s Son. He will show everyone how to love God and each other.” Mary listened closely, and her heart was filled with joy. And she sang, “With all of my heart I will praise God. I am a servant of God. I will do what God wants me to do. God’s love is great. Thank you, God!”



With all my heart I glorify the Lord! In the depths of who I am I rejoice in God my savior.

Luke 1:46-47

Dear God,
We pray that we might all find something to be hopeful for this holiday season. Remind us that Jesus brings us the hope and promise of a life filled with your love and presence. Let that hope bring joy into our hearts.
Amen

WONDER QUESTIONS & ACTIVITIES:

- Advent is about waiting and preparation. What helps you when you are waiting for something?
- What made Mary turn her fear to joy?
- When have you experienced unexpected joy?
- What gives you hope?
- Squeeze your hands into fists, wrinkle your nose, scrunch your face, lift your shoulders towards your ears and hold for the count of 5 and then release everything. As you go from tension to relaxation, remember Mary as she went from fear to joy and how good that must have felt for her.
- **Grab some paper - staple the pages together to make a booklet and create an Advent journal. Write down things that give you HOPE each day.**

Joy is often found in unexpected ways. Mary knew her life would be altered drastically but she found joy within that. She found joy in gratitude to God.

Mary's Joy

Reactions to an Angel

Instructions

Imagine what you would do if an angel appeared to you. In the bubbles, give your responses to an angel's appearance.

I would say...

I would be
thinking...

I would ask...



Advent Wreath

Color a candle for the special days of Advent.

November 29 - HOPE

December 6 - JOY

December 13 - PEACE

December 20 - LOVE

December 24 - JESUS