

# SUNSHINE IN MY SOUL FOR TEENS [AGES 13-16]

## *Real Joy In A Real World*

We live in a world that's constantly changing – moods, trends, friendships, even the weather. But the joy Jesus offers is steady. It's not based on how things feel or what's going right. It's based on who He is. Jesus said, "These things I have spoken to you, that My joy may remain in you, and that your joy may be full" (John 15:11).

Paul wrote "Rejoice in the Lord always" (Philippians 4:4) while sitting in prison. That's not fake happiness – that's real joy rooted in faith. When we follow Jesus, we don't have to pretend life is perfect. We just know we're not alone. His presence brings light even when things feel dark.



## *Peace That Doesn't Break*



Jesus never promised a trouble-free life. In fact, He said, "In the world you will have tribulation; but be of good cheer, I have overcome the world" (John 16:33). That's why peace in Christ is different. It's not fragile. It's not temporary. It's deep and lasting.

Philippians 4:7 says His peace "surpasses all understanding." That means it doesn't always make sense – but it works. When we pray, trust, and obey, we find a calm that holds us steady. Psalm 27:1 reminds us, "The Lord is my light and my salvation; whom shall I fear?" With Jesus, we're never walking alone.

## **SUNSHINE WORD SEARCH**

Find The Following Words:

**PEACE** □ **HOPE** □ **PRAY** □ **TRUST**  
**OBEY** □ **CHEER** □ **REJOICE** □ **JOY**



## Hope That Anchors You



Hope isn't just for someday – it's for right now. Hebrews 6:19 calls it “an anchor for the soul, both sure and steadfast.” That means hope keeps us grounded when life feels shaky. It reminds us that God keeps His promises, that Jesus rose from the dead, and that eternity is real.

John 14:1-3 tells us Jesus is preparing a place for us. That's not a vague idea – it's a promise. And when we live with eternity in view, we start to see life differently. We make choices that matter. We treat people with love. We shine from the inside out.

### Sunshine Scripture Word Search

“These things I have spoken to you, that My joy may remain in you, and that your joy may be full.” – John 15:11

Rejoice in the Lord always. Again I will say, rejoice! – Philippians 4:4

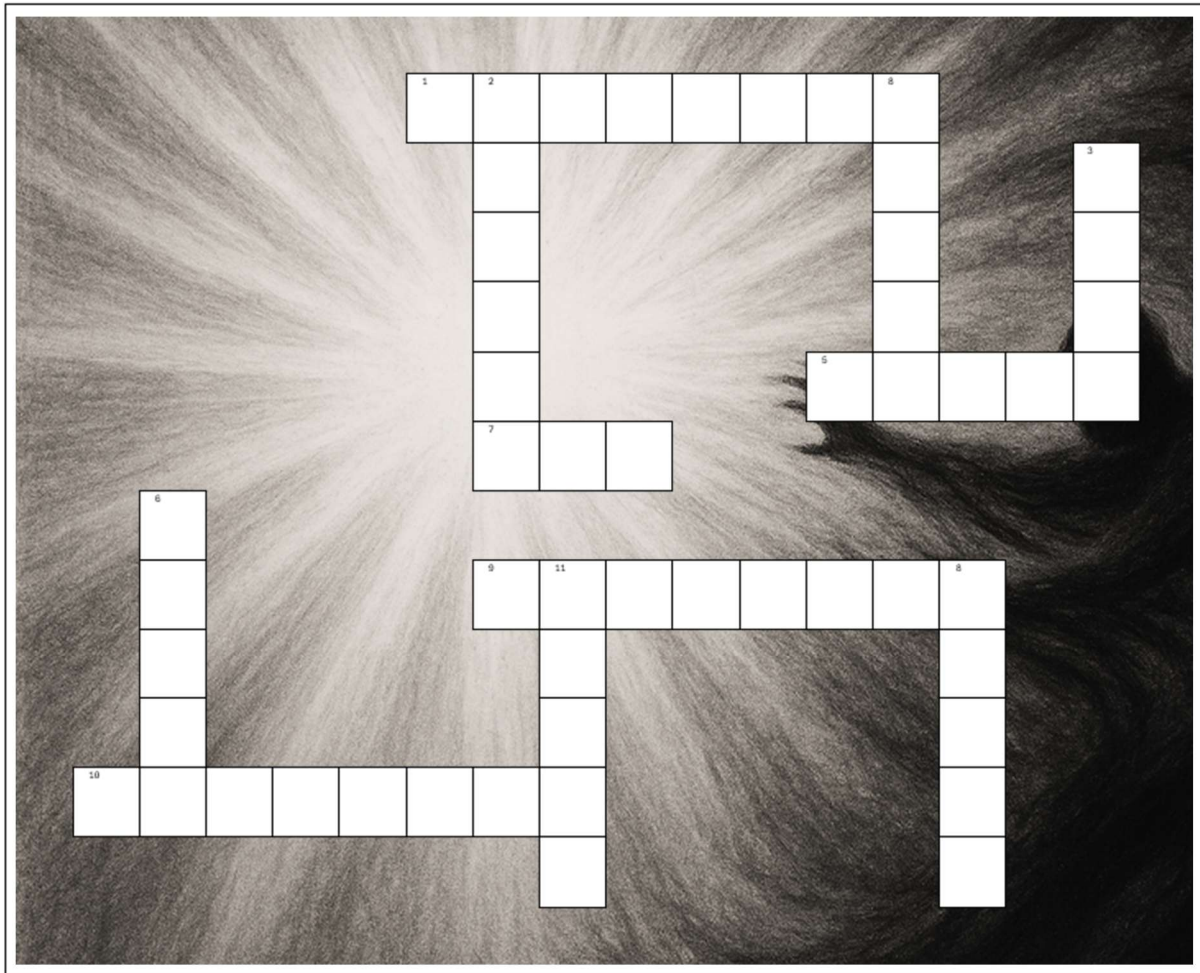
And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. – Philippians 4:7

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? – Psalm 27:1

This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil. – Hebrews 6:19

J C G I J A H E W A A Q Y J Q X T R X H N O F W O H O S E N L F Q P K  
S Q V R I X G B L S X B G T T W U X N C L S R P Z G K Q L W C R T O P  
D M X M U L B O E U U X N S Q Y M L B T F R H T E X Z L P C H F N Y J  
H N M U G P U A I R A N I I K B P X I G K Z L I M F S V U S W I N D L  
M E H E A R T S O P A T A R R I Z A N W K E C Q T P R E S E N C E B C  
K K U C G C S D X A J H M H C W L I T H I N G S L Z X O E D O U E H U  
R O A F D T J N P S N E E C D W D Z J T M N D K D R H S D X L S A J J  
Y P M U D G Q L W S V S R A A N R E K U L I Z U B J E C E J J G T J Y  
M S U O D Q A S A E B E D Y A H N B V N O U W G E J F J E Q D Z S V W  
I O R O H C N A L S U Q S T A L Q L L U F D O E H H A L O S H N A Q B  
N D T U P P P S O H W W S T J E S U S G D W T S I F Z A W I O J F W U  
D X U W Z K T H J V O R Y F T X H Z A L M O K L N A T D D X C Y D P L  
S I Q G F W F B C V E P B C E K G P I G B M G I D C Z W L L H E A V Q  
D R A U G J Y I Q D K N E E N T E R S U A W D K B Q D L L I L W E N A  
M U M I D A U O N W R E Y W A M H A X M O I F A Y R F K D W E C T V L  
P Y D M T S I U J G J M W P I L O R D U J U N Q E R U S D L S V S D H

# SUNSHINE CROSSWORD



## ACROSS

1. "God is light, and in Him is no \_\_\_\_\_ at all" (1 John 1:5).
5. A fruit of the Spirit that brings calm to the soul. (Galatians 5:22)
7. What warms the earth and symbolizes God's presence? (Psalm 84:11)
9. "You have put \_\_\_\_\_ in my heart than they have...." (Psalm 4:7)
10. "The joy of the Lord is your \_\_\_\_\_" (Nehemiah 8:10).

## DOWN

2. "Rejoice in the Lord \_\_\_\_\_" (Philippians 4:4).
3. Confident expectation rooted in Christ. (Romans 15:13)
4. "Let your light so \_\_\_\_\_ before men...." (Matthew 5:16)
6. "The Lord is my \_\_\_\_\_ and my salvation" (Psalm 27:1).
8. "The Lord bless you and keep you; the Lord make His face \_\_\_\_\_ upon you" (Numbers 6:24-25).
11. What Jesus calls His followers to be: the \_\_\_\_\_ of the world. (Matthew 5:14).

NOTE – Some answers may be used multiple times.

# Reflect & Respond

## *Reflection Questions:*

What does “sunshine in my soul” mean to you personally?

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When have you felt joy even during a hard time?

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What helps you feel peace when life is stressful?

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How does hope in Jesus change the way you see your future?

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## *Challenge*

Write a short prayer asking God to help you live with joy, peace, and hope this week. Then choose one verse from this bulletin to memorize and share with someone.

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## *Memory Verse*

“The Lord is my light and my salvation; whom shall I fear?” – Psalm 27:1

