

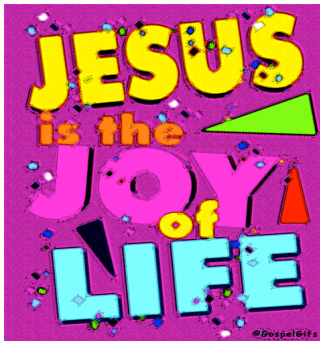
FRUIT of the Spirit -Joy

Prayer for the Fruits of the Spirit

O Bounteous Spirit, we ask you to bring forth in our lives your fruits: the fruit of love, so we may love you above all things and all others for your sake; the fruit of joy, that we may find our delight in your service; the fruit of peace, that we may be pardoned through your mercy and find our rest in your love; the fruit of long-suffering, so that we may bear with patience all afflictions; the fruit of gentleness, that we may subdue all anger and take calmly and sweetly all trials and provocations; the fruit of meekness, that we may forgive freely all who hurt us and endure with patience all burdens that are laid upon us; the fruit of temperance, that we may restrain all desires and bring them into the subjugation of your holy will. Amen.

Joy is an expression of godliness

What the Bible Says About Joy



- ✚ **Our joy is permanent** – Jesus says that “no one takes your joy away from you” (John 16:22)
- ✚ **Our joy is always available** – “Rejoice in the Lord always” (Philippians 4:4)
- ✚ **Our joy is always inexpressible** – Joy in the Spirit is “joy beyond speech” (1 Peter 1:8)

Is there a difference between Happiness and Joy? (Discuss)

Our spiritual joy is not “an experience that comes from favorable circumstances [but] is a sense of well-being that abides in the heart of the person who knows that *all is well between herself and the Lord*. John J. MacArthur, Jr., *The MacArthur New Testament Commentary, Galatians*

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The Sacrifice of Praise



When life is good, praise and thanksgiving flow automatically from our hearts and lips, but when life turns black, praise and thanksgiving don't flow quite so easily.

Deliberately choose to follow God's advice and *"in everything give thanks; for this is God's will for you in Christ Jesus"* (1 Thessalonians 5:18).

Cultivating Joy

What can I do to cultivate this fruit of joy in our daily walk with God?

- ✚ Offer the sacrifice of praise to God continually –even when we don't feel like it. (Hebrews 13:15). Through the power of the Holy Spirit, this act of thanksgiving transforms our pain into praise
- ✚ Consider it all joy... when you encounter various trials
- ✚ Give thanks in everything (1 Thessalonians 5:18)
- ✚ Whatever is happening –good or bad –give thanks to God for his sovereignty, His perfect timing, His perfect plan, and His unconditional love

Things to Do Today to Walk in Joy

1. Identify the trial that cause you the greatest grief
2. Faithfully offer God the sacrifice of praise (Hebrews 13:15)... even if it is offered with tears.
3. Consider that trial a joy for what God can do in your life as a result of it (see James 1:2-4 and Romans 5:1-5).