



FRUIT *of the* SPIRIT

JOY

JOY is different from HAPPINESS. Happiness depends on what is _____. But Joy runs much deeper and can still exist in times of adversity.

“JOY is the settled assurance that God is in control of all the details of my life, the quiet confidence that ultimately everything is going to be alright, and the determined choice to praise God in every situation”. Rick Warren

We can _____ to suppress JOY in the middle of circumstances, or we can learn to _____ it!

It’s critical that we DEVELOP, and determine to _____ in the fruit of JOY.

You can have JOY in the mundane tasks of life. Prov 17:22

You can also have JOY in the difficult and challenging times of life. James 1:2-3

How can we experience JOY in the middle of some of life’s most difficult times? The fruit of JOY is in us, but we have to develop it and choose to walk in it! Here are some things you can do to jump start your JOY:

1. Listen to _____ – it will prevent you from dwelling on the thing(s) that is trying to steal your joy!
2. Be good to _____ – it will get your mind off of yourself!
3. Keep your focus on the _____ in your life!
 - a. Make a list of all the GOOD THINGS you can, and should be celebrating right now.
4. Remember that God is in _____ !
5. Maintain a _____ relationship with GOD. Rom 14:17
 - a. We can’t walk with God unless we walk in agreement with Him.
 - i. God says He love you, you need to say He loves you.
 - ii. God says you have worth and value, so YOU need to say you have worth and value.

iii. God says if you have faith in Christ, you've been made the righteousness of God, so YOU need to say I've been made the righteousness of God in Christ Jesus!

b. Don't hide _____ in your life. Psalm 32

JOY is a _____ for every one of us.

- Think you have too many current problems in your life that keep you from walking in JOY today? John 16:33 "In the world you have tribulation *and* trials *and* distress *and* frustration; but CHEER UP [take courage; be confident, certain, undaunted]! For I have overcome the world."
- Think you have too many things in your PAST that prevent you from walking in JOY today? Nehemiah 8:10 "The JOY of the LORD is my strength!"
- Eventually an extended time of grieving needs to end. Psalm 30:5 "Weeping may endure for a night, but a shout of joy comes in the morning."

The tree is known by it's fruit. Matt 12:23

Choose Joy!



Don't wait for things to get easier, simpler, better. Life will always be complicated. Learn to be happy right now. Otherwise, you'll run out of time.