



# Fruit of the Spirit

(Galatians 5:22-23)

## "JOY"

The Book of Philippians was written by Paul (inspired by the Holy Spirit) around 61-63AD while he was imprisoned in Rome. The word "joy" is mentioned six times in the Book. How could he have joy while in prison?

### Verses to consider:

- Joy comes from the assurance of our salvation. (Psalm 51:12)
- God is the One who clothes us with Joy and makes our heart sing. (Psalm 30:11-12)
- God gives us Joy in place of anxiety. (Psalm 94:19)
- Joy comes from belief in God. (Acts 16:34)
- God fills us with joy by the power of the Holy Spirit as we trust in Him. (Romans 15:13)
- Joy, though not mentioned in this passage, is found in knowing Christ. (Philippians 3:7-11)
- We have joy in Christ regardless of the circumstances. (Philippians 4:10-13)
- In Jesus we have joy in our trials. Be sure not to doubt, but have faith. (James 1:2-8)
- Be joyful always! (1 Thessalonians 5:16)

**J** - Jesus first

**O** - Others next

**Y** - Yourself last

### Question:

- How does "joy" differ from "happiness"?
- As believers, there are still things in our lives that can turn off the "Joy Switch" in our lives that affects the way we look at everything else! Is your "Joy Switch" on or off. If it is off, why?
- How do we get it turned back on? (Hint: read Hebrews 12:1-2)
- What are the things that can cause (or are causing) you to lose your joy?
- How are you feeding the spirit and starving the demons?
- Are you really free in Christ? (see John 8:31-36)

**JOY: "The quiet confident assurance of God's love and work in our lives no matter what happens!"**