



Fresh Fruit: Cultivating the Fruit of the Spirit: Lesson 3 (Joy)

January 31st & Feb. 1st Questions primarily from *Fruits of the Spirit* (Peau, Kuhatschek, Eyre, Scazzero)

JOY IN CHRIST:

Read Matthew 11: 28-30

1. With which of these words do you identify with more this week: ***weary*** or ***burdened***? Explain.
2. What invitation does Jesus give in this passage?
3. What do you think it means to “come to Jesus?” How easy or difficult is it for you to come to Jesus?
4. What is a yoke and what does it do? What does it mean, therefore, to take Christ’s yoke upon us?
5. What promises does Jesus make to those who respond to his invitation?
6. What would it mean to you to find “rest for your soul”? How would finding rest for your soul bring you joy?
7. How does it help you to know that Christ’s yoke is easy and his burden is light (v.30)?



8. Jesus describes himself as “gentle and humble in heart” (V.29). How do these qualities increase your desire to come to him and learn from him?

JOY IN THE GOSPEL:

Read Philippians 1: 3-26

9. Have you ever felt joy in the midst of difficult circumstances? If so, why?

10. According to these verses, what reasons might Paul have to feel discouraged or depressed?

11. In spite of his personal circumstances what reasons does Paul give for being joyful?

12. Joy usually results when our desires are fulfilled and our values are affirmed. What do we learn about Paul’s values and desires in this passage?

13. What confidence does Paul have about the gospel (vv.6-7)?

14. As God completes his good work in the Philippians and in us, what kind of people does Paul pray we will become (vv. 9-11)?

15. What substitutes for the gospel do we and our culture gravitate to for sources of joy? How effective are they at producing joy?