
CBC WEEKLY RESOURCES



- I. [Sermon Recap](#)
- II. [Study Guide](#)
- III. [Devotional Material](#)
- IV. [Small Group Resources](#)

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COMMUNITY BIBLE CHURCH
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I. SERMON RECAP

In the third installment of the series "Established," Pastor Gary Hewins passionately explored the fruit of the Spirit with an emphasis on love and joy. With scriptural insight, the message highlighted how love, the foundation, precedes joy, emphasizing that both are manifestations of the Holy Spirit in our lives. We are reminded that love is a way of life, not merely an action, and joy flows from living in God's love.

The practical application focuses on removing obstacles such as complaining, negativity, and ingratitude that hinder the experience of divine joy. Pastor Gary encouraged us to take time in stillness before God and partner with the Holy Spirit to cultivate love and joy within. By understanding that joy is a gift already within us, we are called to share it with others and release it into our own lives.

May we grow to reflect this love and joy, just as Pastor Gary encouraged, in our daily walk, bringing peace and transformation to those around us. Remember, "Joy comes in the morning," bringing hope and healing anew every day.

Chapters:

The Journey of Establishment

Understanding Love's Primacy

The Nature of Joy and Spiritual Growth

Obstacles and Conduits to Joy

The Role of Gratitude and Wonder

Practical Steps to Cultivate Joy

Conclusion and Communion Reflection

II. STUDY GUIDE

Key Points:

Balance personal and community prayer to deepen spiritual growth.

Embrace your identity in Christ as foundational to experiencing joy.

Adopt a worship-first posture: adoration, confession, thanksgiving, and supplication.

Prioritize stillness before God to hear His voice and feel His presence.

Guard against negativity and complaining that grieve the Holy Spirit.

Foster gratitude to open the way for joy and effective ministry.

Key Scripture:

Proverbs 16:3 — "Commit to the Lord whatever you do, and he will establish your plans."

Galatians 5:22 — "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness."

Matthew 25:21 — "His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'"

Nehemiah 8:10 — "The joy of the Lord is your strength."

Psalms 30:5 — "For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning."

Philippians 2:14 — "Do everything without grumbling or arguing."

Other Relevant Verses:

1 Corinthians 13:13: Speaks to the primacy of love aligning with foundational themes of establishing love first.

Philippians 1:6: Encourages belief that God will complete the work started in us, highlighting the journey of faith.

Romans 12:12: Highlights joyfulness in hope and patience in trial, relating to sustaining joy.

1 John 4:18: Informs the connection between love and fear, emphasizing identity in Christ.

Colossians 3:16-17: Encourages gratitude, reinforcing the theme of thanksgiving over complaining.

Matthew 5:16: Calls us to let our light shine, expounding on how our joy should be evident to others.

III. DEVOTIONAL MATERIAL

Day 1: Love as Our Life

Question: How can I embody love more fully in my daily life?

Reading: Galatians 5:22; 1 Corinthians 13:13

Devotional: Consider that love is not merely what you do but who you are in Christ. The Spirit within you seeks to expand love through your actions and words. Reflect on 1 Corinthians 13:13, meditating on love's supreme place among virtues. Lean into times of prayer and ask God to reveal ways to deepen this fruit in you.

Challenge: Identify one relationship to pour intentional love into this week.

Day 2: Releasing Joy Within

Question: What internal or external barriers might block my joy?

Reading: Nehemiah 8:10; Philippians 2:14

Devotional: Recognize the joy of the Lord as your strength. The world offers many distractions that dim joy. Philippians reminds us that arguing and complaining hinder this joy. Take time today in prayer to give thanks and seek to release the joy of the Spirit within you.

Challenge: Practice gratitude by journaling three things you're thankful for each day.

Day 3: Gratitude and Transformation

Question: How does gratitude change my heart and mind?

Reading: Colossians 3:16-17; Psalm 30:5

Devotional: Embrace gratitude as an ongoing attitude that opens the door to joy. Psalm 30:5 promises joy after sorrow while Colossians encourages a heart of thanksgiving. Let your praise and gratitude spiral into a deeper connection with God.

Challenge: Write a thank-you note to God, focusing on His blessings.

Day 4: The Battle Between Flesh and Spirit

Question: In what ways am I feeding the flesh over the Spirit?

Reading: Romans 8:5-6

Devotional: Engage in the daily battle between the Spirit and the flesh. Romans counsels us to live according to the Spirit, which brings life and peace. Identify areas managed by the flesh and submit them to the Spirit's transformative power through prayer.

Challenge: Fast from one indulgence today and focus on seeking the Spirit.

Day 5: Walking in the Continuum of Faith

Question: Where am I on my faith journey between spiritual start and finish?

Reading: Philippians 1:6; 1 Peter 2:9

Devotional: Your faith journey is a process from start to divine completion. Philippians speaks to God's ongoing work in us. As part of a chosen people (1 Peter), reflect on your journey and consider the growth yet to come and rejoice in it.

Challenge: Spend time mapping out your spiritual journey highlights and set goals for growth.

IV. SMALL GROUP RESOURCES

Opening:

Welcome everyone and invite them to prayerfully reflect on the presence and work of the Holy Spirit in their lives.

Opening Prayer:

Encourage prayers of gratitude, focusing on God's love and joy.

Sermon Recap Theme:

The focus was on the fruit of the Spirit, particularly love's precedence over joy. God desires us to live in His love and joy, shedding hindrances and cultivating gratitude.

- Love as a lifestyle, not just an action.
- Real joy is found in Christ and expressed through removal of obstacles like negativity.
- Challenge to partner with the Holy Spirit for growth in love and joy.

Icebreaker Question:

Share one thing you're grateful for this past week and how it's influenced your sense of joy.

Scripture Exploration:

Galatians 5:22-25

Discuss the fruits of the Spirit.

- Which resonate most with you?
- How does love set the stage for the other fruits?
- How can we be more conscious of living by the Spirit daily?

Philippians 2:14-15

Discuss the impact of complaining on your spirit and community.

- Explore ways to cultivate a heart of gratitude in challenging times.
- How can these verses guide us in becoming positive witnesses?

Matthew 5:14-16

- How can our expression of joy and love be a light to others?
- In what practical ways can you let your light shine this week?
- Discuss how the community can support each other in this mission.

Takeaways Together Discussion:

- How do these scriptures collectively encourage us to release the Spirit's work in our lives?
- Discuss practical actions the group can take as accountability partners.

Application:

Encourage members to set a personal goal to eliminate one joy-blocking habit.

Suggest paired or small group prayer times focused on gratitude and love in action.

Closing:

Invite group members to share their prayer needs and encourage a spirit of unity in praying for each other.

Close the session with a prayer, asking for God's help in living out love and joy and for a tangible sense of His Spirit in all areas of life.

Leader Notes:

Foster openness by setting an example of sharing your journey with love and joy.