

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control . . .

Fruitful = righteous \_\_\_\_\_ and \_\_\_\_\_ produced in the life of a believer through the work of the Holy Spirit and the believer's cooperation.

True Joy is experienced with God's:

1. \_\_\_\_\_

Corinthians 4:17-18 (TPT) We view our slight, short-lived troubles in the light of eternity. We see our difficulties as the substance that produces for us an eternal, weighty glory far beyond all comparison, because we don't focus our attention on what is seen but on what is unseen. For what is seen is temporary, but the unseen realm is eternal.

2. \_\_\_\_\_

Romans 5:3-5 (TPT) But that's not all! Even in times of trouble we have a joyful confidence, knowing that our pressures will develop in us patient endurance. And patient endurance will refine our character, and proven character leads us back to hope. And this hope is not a disappointing fantasy, because we can now experience the endless love of God cascading into our hearts through the Holy Spirit who lives in us!

3. \_\_\_\_\_

Psalm 16:11 (ESV) You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Action: Joy is a \_\_\_\_\_

Philippians 4:4 (ESV) Rejoice in the Lord always; again I will say, rejoice.

Virtue: Joy is a \_\_\_\_\_ with God.

3 John 1:4 (ESV) I have no greater joy than to hear that my children are walking in the truth.

### **Manna News**

SERVE Saturday, July 1st - visit our website to sign up  
Prayer First Sunday, July 2nd 9:30am - for the whole family  
SERVE Day July 15th - visit our website to sign up

## Info Guide

### **Welcome**

We're glad you're here! This Info Guide will help you learn how to get connected at Manna and share what is available to you at the service today. We hope you feel at home and enjoy your time with us.

### **What to Expect**

During today's worship experience you can expect about a 65 minute service that will begin with approximately 20-25 minutes of worship, we will also have a brief time of announcements, followed by a 35-minute biblical and practical message delivered by our Pastor.

### **Connection Card**

If you're a first-time guest, we would love for you to fill out a connection card. No one is planning to call you or come by your house—We just want to thank you for joining us today and let you know what is available to you here at Manna.

### **Free Gift**

If it is your first time with us, we have a gift available for you in the lobby at the end of service— We simply want to give you a gift to thank you for being with us today!

### **NextStep**

If you want to learn more about Manna Church, who God has called you to be, and how you can make a difference, NextStep is for you.

It is a 4-week small group that meets the first four Sundays of every month. Childcare is provided and you can learn the times and locations at the info center in the lobby. We would love for you to take this step!

### **Manna Kids**

We promise a clean and safe environment where children can experience and enjoy the love of Jesus. The Nursery/Preschool experience is available for kids 6 weeks through 5 years, and the Elementary experience is for children in kindergarten through 5th grade. We would love to have your child join us!

### **Manna Students**

Manna Students meets weekly, at Manna Capital, Sunday afternoons nights at 11:30am. We play games, fellowship, and grow together in our relationship with Jesus. Middle School and High School age both welcomed! Our current focus is on learning to hear the voice of God.

### **Small Groups**

Life-change happens in the context of small groups. Get involved in one today! Visit our website for a list of small groups.  
[capitalarea.manna.church](http://capitalarea.manna.church)