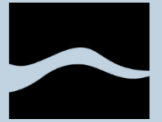


# SERMON NOTES

## CULTIVATING JOY

### Galatians 5:22-23; Selected Scriptures



BIG IDEA: Christians should be the most joyful people alive.

# APPLICATION GUIDE

September 10, 2023

## DISCUSS

What brings you joy in life?

How does joy as a fruit of the Spirit differ from ordinary cheerfulness or happiness?

Discuss these examples of joy in Jesus' life (Luke 10:21; 15:3-7; John 15:11; 17:13; Hebrews 12:2). Can you identify others?

How do these examples explain why joy should be part of a Christian's daily attitude and response to circumstances?

## APPLY

Can you think of examples in your life (or in the lives of others) when you have suffered greatly and yet remained joyful in the Lord?

What things tend to rob you of joy in the Lord?

What remains true about God that can keep you from losing joy?

## COMMIT

Which three of the "7 Ways to Cultivate Joy" are most helpful to you? Create a plan to put them into practice this week.