

ROOTED.

love.
joy.
peace.
patience.
kindness.
goodness.
faithfulness.
gentleness.
self-control.

ROOTED.

The Fruit of the Spirit. galatians 5:22-23

ROOTED IN JOY | PASTOR GLEN BARNES | JULY 12TH, 2026

Galatians 5:22-23

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

First
ANGLICAN CHURCH OF THE

“ But the fruit of the Spirit is love, **JOY**, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.”

~ GALATIANS 5:22-23 (NIV)

Main Idea: *You can face the roller coaster of life and still experience JOY from the Holy Spirit.*

Happiness Vs. Joy

Happiness is like _____.

Joy is Like _____.

Joy In the Bible over _____.

Joy (Greek) *Chara...*
is related to, rooted in and flows from...
Grace (Greek) *Charis*

Deut. 16:14a, Neh. 8:10b, Luke 2:10, John 15:11, Philipians 4:4, James 1:2

Common Joy Robbers

• _____ • _____ • _____

“ Where is that joyful and grateful spirit you felt then?”

~ GALATIANS 4:15A (NLT)

How to Stay Consistently Rooted in Joy | Philipians 4:4-13

What Paul Had Been Through When He Wrote Philipians:

- In prison on false charges
- Bitten by poisonous snake
- Shipwrecked
- House arrest awaiting trial from Nero

“ ⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

¹⁰ I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. ¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.”

~ PHILIPPIANS 4:4-13 (NIV)

1. Root My Mind in Christ: Fix _____.

“ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

~ PHILIPPIANS 4:8 (NLT)

“ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you”

~ PHILIPPIANS 4:9 (NIV)

What had they had seen and heard Paul doing?

• Acts 16:11-40

2. Root My Heart in Contentment: Remember my joy is _____ my _____.

“ I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.”

~ PHILIPPIANS 4:12 (NIV)

Joy In The Kingdom of God comes from

- Obeying His commands and loving one another. (John 15:10-11)
- Prayer and worship. (Psalm 98:4-6, John 16:24)
- Enduring a season of sorrow or difficulties. (Psalm 30:5, Hebrews 12:2)
- Giving, especially generous giving. (2 Corinthians 8:2, Matthew 13:44)
- Humility, laying down your rights and preserving unity. (Philippians 2:2)
- Doing Justice. (Proverbs 21:15)
- Helping the poor. (Psalm 41:1)
- Mission and Sharing Jesus with others. (Luke 10:17)
- Persecution. (Acts 5:41-42)
- Facing trials of many kinds. (James 1:2)

3. Root my Life in Christ: Stay _____ by Jesus and _____.

“ I can do all this through him who gives me strength.”

~ PHILIPPIANS 4:13 (NIV)

“ I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death,”

~ PHILIPPIANS 3:10 (NIV)

Spirit-Filled Joy Opens Doors for the Gospel

“ All God's people here send you greetings, especially those who belong to Caesar's household.”

~ PHILIPPIANS 4:22 (NIV)

DISCUSSION Questions: COMMUNITY GROUP VIDEOS available on the APP | Google TV

- 1- What is the difference between happiness and biblical joy? Why does that difference matter?
- 2- Which "joy robber" do you struggle with most—worry, difficult circumstances, or comparison (legalistic religion)—and why?
- 3- According to Philippians 4:4-13, what practical steps can help us stay rooted in joy during difficult seasons?
- 4- How does fixing our thoughts on what is true and honorable change the way we respond to life's challenges?
- 5- Read Acts 16:22-34. What does this episode teach you about joy being bigger than your circumstances?
- 6- What does it mean to be captivated by Jesus rather than simply believing in Him, and how does that deepen our joy?

GET CONNECTED at FIRST:



ONLINE at
fbclodi.org



The APP
Search "FBC Lodi"



Smart TV "FBC Lodi"



EMAIL
Weekly Email

267 N. MILLS AVE
209.334.1332

