



## FRUIT OF THE SPIRIT

### Session 3 "The Fruit of Joy"

#### Galatians 5:16-23 (NKJV) –

<sup>16</sup> I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

<sup>17</sup> For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. <sup>18</sup> But if you are led by the Spirit, you are not under the law.

<sup>19</sup> Now the works of the flesh are evident, which are: <sup>[a]</sup>adultery, <sup>[b]</sup>fornication, uncleanness, lewdness, <sup>20</sup> idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, <sup>21</sup> envy, <sup>[c]</sup>murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, <sup>23</sup> <sup>[d]</sup>gentleness, self-control. Against such there is no law.

#### I. REVIEW

- A. While our spirit is born again, we must learn to yield our lives including our thoughts, actions and choices to fruit of the Spirit
- B. The more we say yes to the Spirit living within us, the more we will overcome the flesh
- C. Overcoming the flesh is included in the process of us receiving our inheritance



- D. Those who practice yielding to the desires of the flesh will not inherit the things of God
- E. Every fruit of the Spirit is manifested through the fruit of love
- F. Every fruit of the Spirit may be compared to Paul's explanation of love in the 13<sup>th</sup> chapter of 1 Corinthians.
- G. Once we are born again, we have the capacity to love God and others

## II. The Fruit of Joy

**A. Psalm 100:1-2 (NKJV)** – a joyful noise unto the LORD, all ye lands. <sup>2</sup>Serve the LORD with gladness: come before his presence with singing.

1. Serve the Lord with gladness is a command, not a suggestion
2. With every command comes the ability (grace) to perform it.
3. Every day we have the choice to be sad, mad, or glad (Greg Mohr)
4. Joy is not based on my circumstances but on my relationship with God
5. Happiness is based on what is going on around me
6. Joy is based on what God has done/is doing in me.
7. God wants us to be joyful.

## B. We are called to be salt and light to the world around us

1. **Matthew 5:14-16 (KJV)** – <sup>14</sup>Ye are the light of the world. A city that is set on an hill cannot be hid. <sup>15</sup>Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all



that are in the house. <sup>16</sup>Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

2. **Proverbs 13:9 (KJV)** – The light of the righteous rejoiceth: but the lamp of the wicked shall be put out.
3. Our light to the world is our demonstration of joy when tough circumstances hit.
4. Our response in the time of trouble;
  - i. May be a demonstration of God’s grace at work in our life
  - ii. Whenever we fall apart in difficult times, we are putting a bushel basket over our light.
  - iii. God’s light doesn’t shine through us when we fall apart and react to trouble just as the world does.
  - iv. God in us changes the way we respond in trouble.
  - v. Example: *The woman taking chemo who expressed great joy.*
5. **Joel 1:12 (KJV)** – The vine is dried up, and the fig tree languisheth; the pomegranate tree, the palm tree also, and the apple tree, even all the trees of the field, are withered: because joy is withered away from the sons of men.
  - i. Our joy, or lack of it, will impact the world around us.
6. **Deuteronomy 28:47-48 (KJV)** – <sup>47</sup>Because thou servedst not the LORD thy God with joyfulness, and with gladness of heart, for the abundance of all things; <sup>48</sup>Therefore shalt thou serve thine enemies which the LORD shall send against thee, in hunger, and in thirst, and in nakedness, and in want of all things: and he shall put a yoke of iron upon thy neck, until he have destroyed thee



- i. When we do not choose to serve the Lord with Joy, we open the door for our enemies including hunger, thirst, and nakedness.
- ii. Choosing a life opposite of JOY demonstrates thanklessness and opens the door to lack.

### III. Joy Factors – Keys to Cultivating Joy in Your Life.

#### A. The Salvation Factor

1. **Psalm 51:12 (KJV)** – Restore unto me the joy of thy salvation; and uphold me with thy free spirit.
  - i. All real joy has its source in salvation (Knowing God)
  - ii. When tempted to get down, I can stir up joy by reminding myself of my salvation – my eternal life in Jesus
  - iii. There is no true joy outside of salvation and fellowship with Jesus.

#### B. The Prayer Factor

1. **Isaiah 56:7 (KJV)** – Even them will I bring to my holy mountain, and make them joyful in my house of prayer: their burnt offerings and their sacrifices shall be accepted upon mine altar; for mine house shall be called an house of prayer for all people.
2. **Psalm 16:11 (KJV)** – Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.
3. Spending time in His presence through prayer is a great source of joy
4. It is difficult to stay depressed when you are spending time in His presence



5. When we are experiencing a lack of joy, we need to check up on our prayer time.
6. **Philippians 4:6-7 (NIV)** – <sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
  - i. Through prayer we cast aside those things that may be stealing our joy
  - ii. Through prayer we stir up the promises of God and our strength and joy are renewed.

### C. The Word Factor

1. **Jeremiah 15:16 (KJV)** – Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.
2. **Psalms 19:8 (KJV)** – The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes.
3. Revelation of the Word brings joy and comfort to my heart
4. One word from God will bring healing, restoration, blessing, favor, and transformation
5. **Isaiah 55:11-12 (KJV)** – <sup>11</sup>So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it. <sup>12</sup>For ye shall go out with joy, and be led forth with peace: the mountains and the hills shall break forth before you into singing, and all the trees of the field shall clap their hands.



## RESULTS OF THE WORD GOING FORTH – BEING REVEALED TO ME

- i. I shall go out with Joy and be led forth with peace.
- ii. The trees of the field shall clap their hands – the world around me is impacted.

### D. The Giving Factor

1. **Acts 20:35 (KJV)** – I have shewed you all things, how that so labouring ye ought to support the weak, and to remember the words of the LORD Jesus, how he said, It is more blessed to give than to receive.
2. There is great joy in giving and being able to be a blessing to others.
3. It is difficult to lack joy when you are practicing a giving lifestyle.
4. **Psalm 126:5-6 (KJV)** – <sup>5</sup>They that sow in tears shall reap in joy. <sup>6</sup>He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him
5. When you are a sower/giver, there is great joy involved in reaping the harvest of your seed.

### E. Joy Comes as we Draw from the Right Wells

1. **Isaiah 12:3 (KJV)** – Therefore with joy shall ye draw water out of the wells of salvation.
2. Salvation, prayer, the Word and giving are wells we may draw from.
3. The well you draw from will determine the measure of joy (fruit of the Spirit) that is manifest through your life.



4. Depression, discouragement and/or oppression are a result of drawing from the wrong well in your life.
  
5. Be determined to draw from the RIGHT well and you will demonstrate the good fruit of joy to others on a consistent basis.

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