

A close-up photograph of a pair of hands holding a large bunch of dark purple grapes. The hands are positioned on the left and right sides of the frame, with fingers gently gripping the bunch. The grapes are dark, almost black, and appear to have a thin layer of white powder (bloom) on their surface. The background is a soft, out-of-focus light blue. Overlaid on the image is the word "Joy" in a large, white, serif font, with decorative white flourishes above and below it. Below "Joy" is the phrase "Fruit of the Spirit" in a smaller, white, serif font, and further below is the biblical reference "Gal. 5:22-23; Phil. 4:8-13" in a small, white, serif font, also with decorative flourishes.

Joy

Fruit of the Spirit

Gal. 5:22-23; Phil. 4:8-13



The
FRUIT OF THE SPIRIT

GALATIANS 5:22-23

“But the fruit of the Spirit is love,
joy, peace, patience, kindness,
goodness, faithfulness,
gentleness and self-control...”

(Galatians 5:22,23a, NIV)

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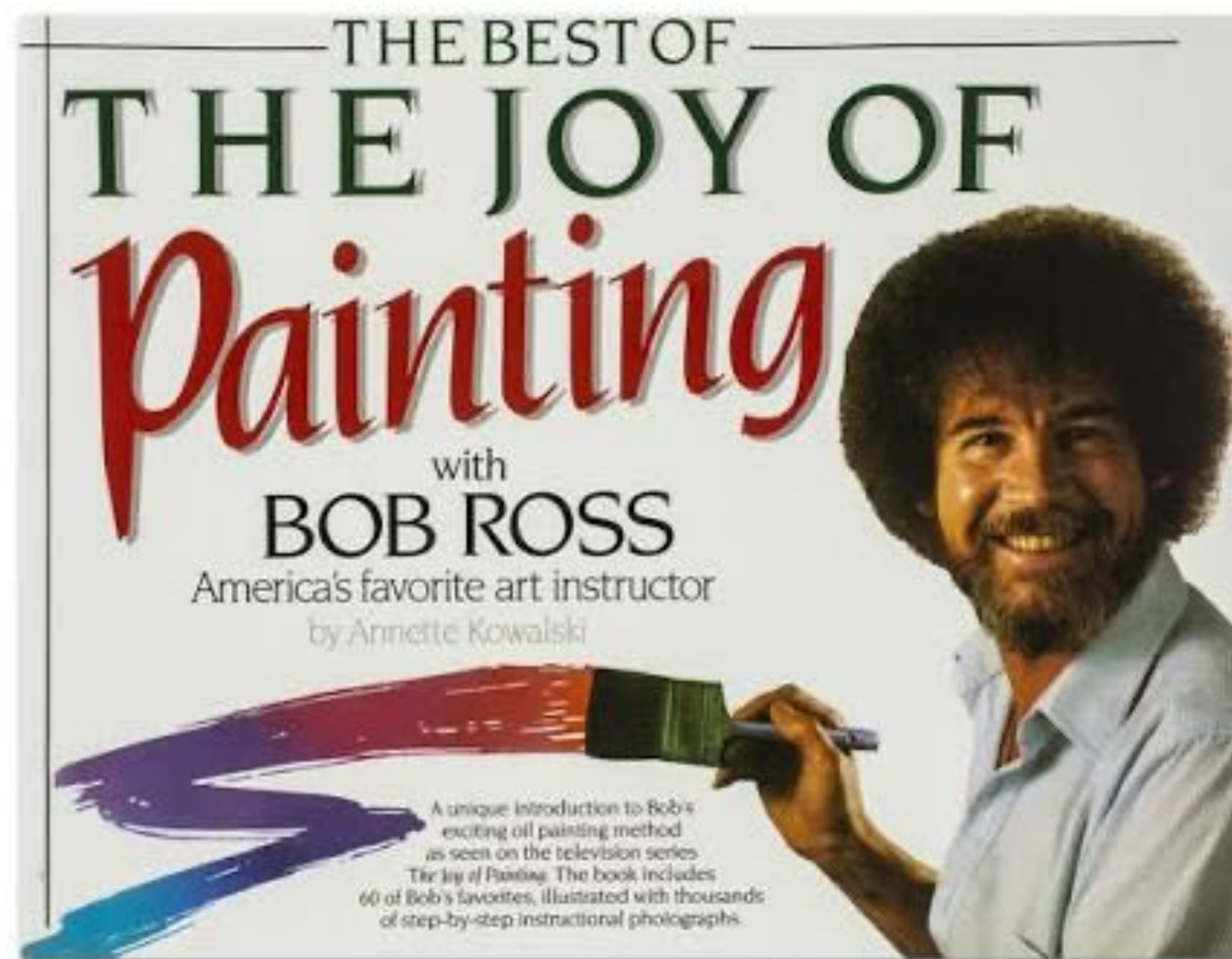
Irma S. Rombauer, Marion Rombauer Becker,
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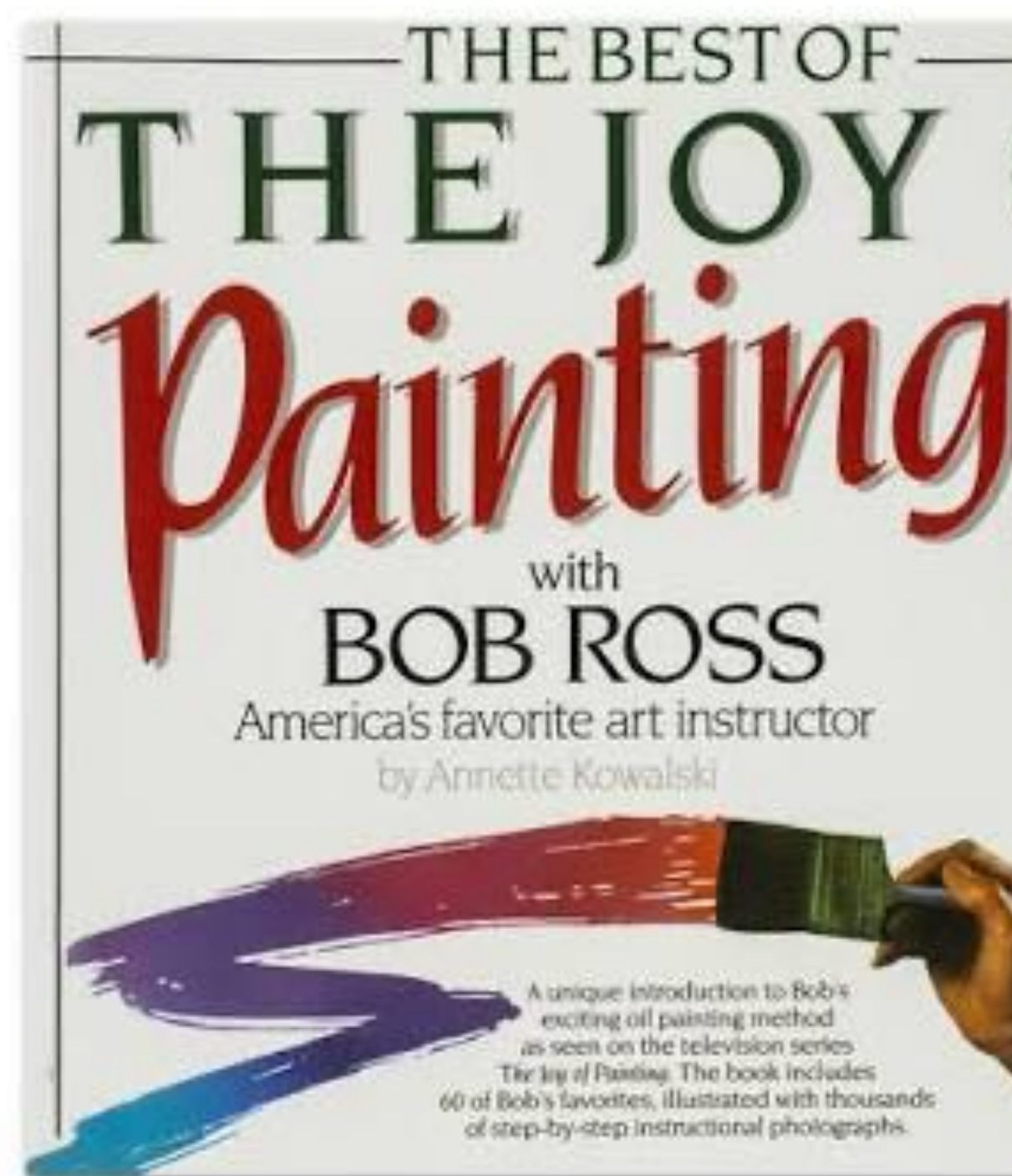


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The JOY of MATHEMATICS

*Marvels, Novelties, and
Neglected Gems That Are Rarely
Taught in Math Class*



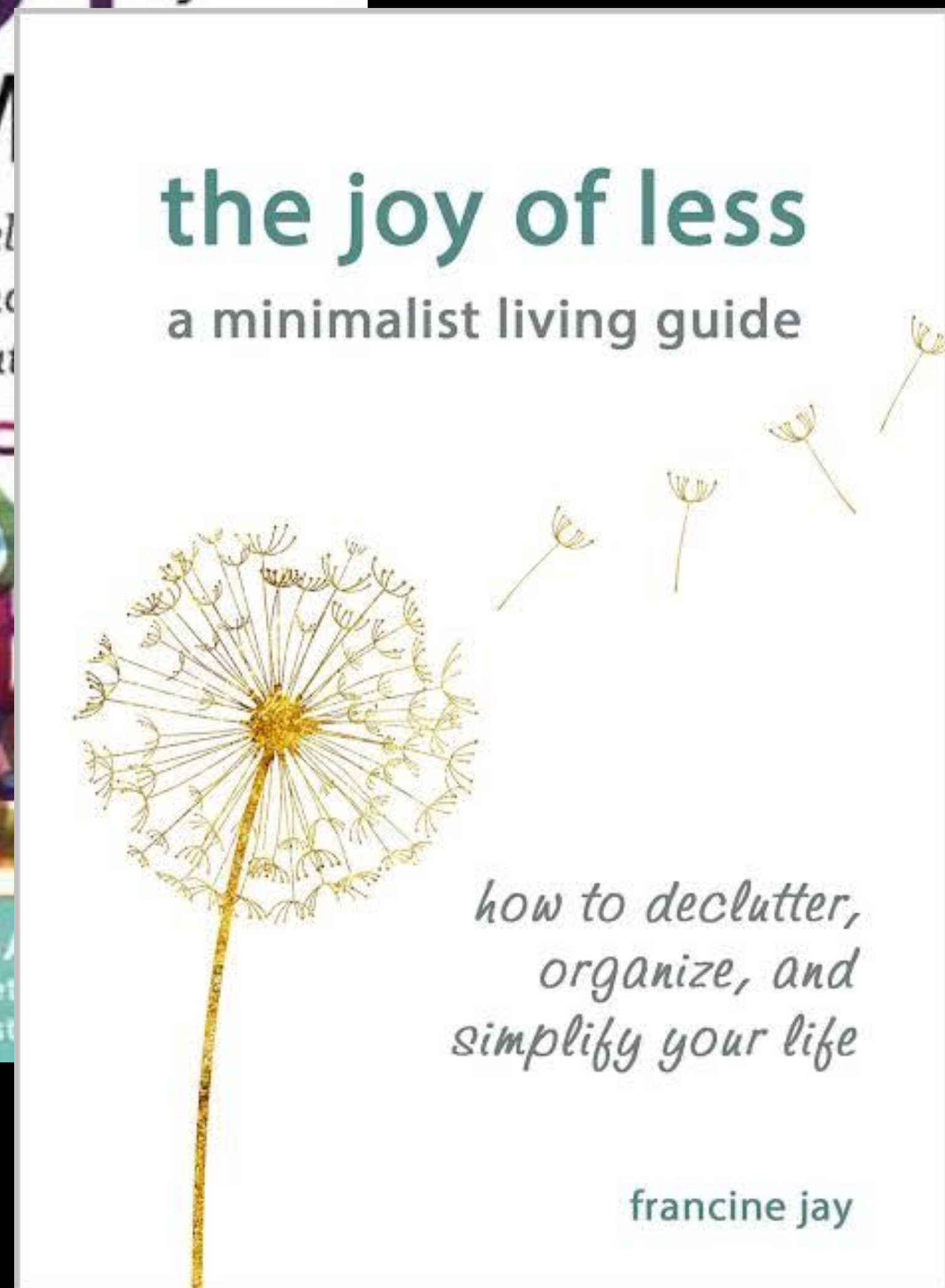
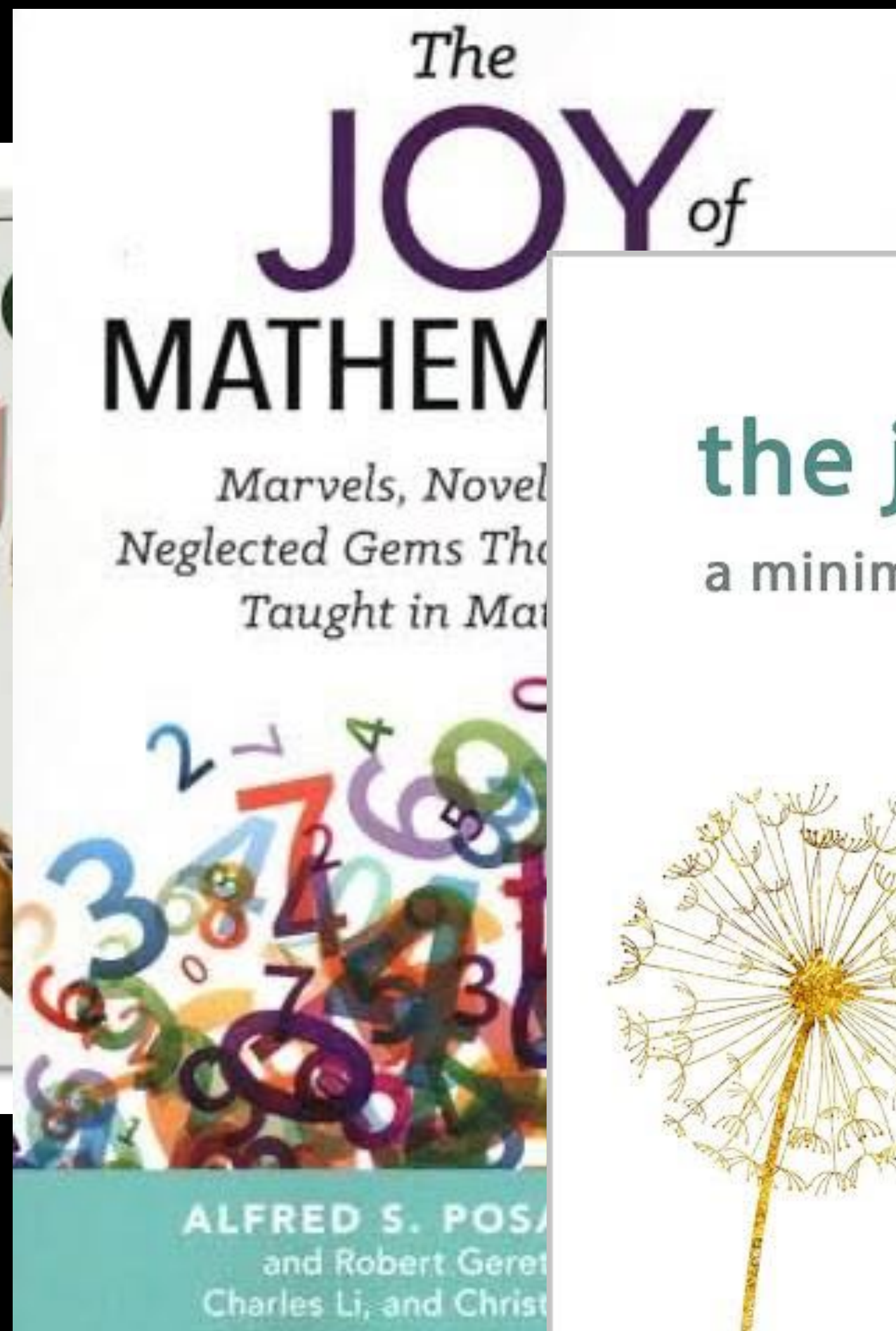
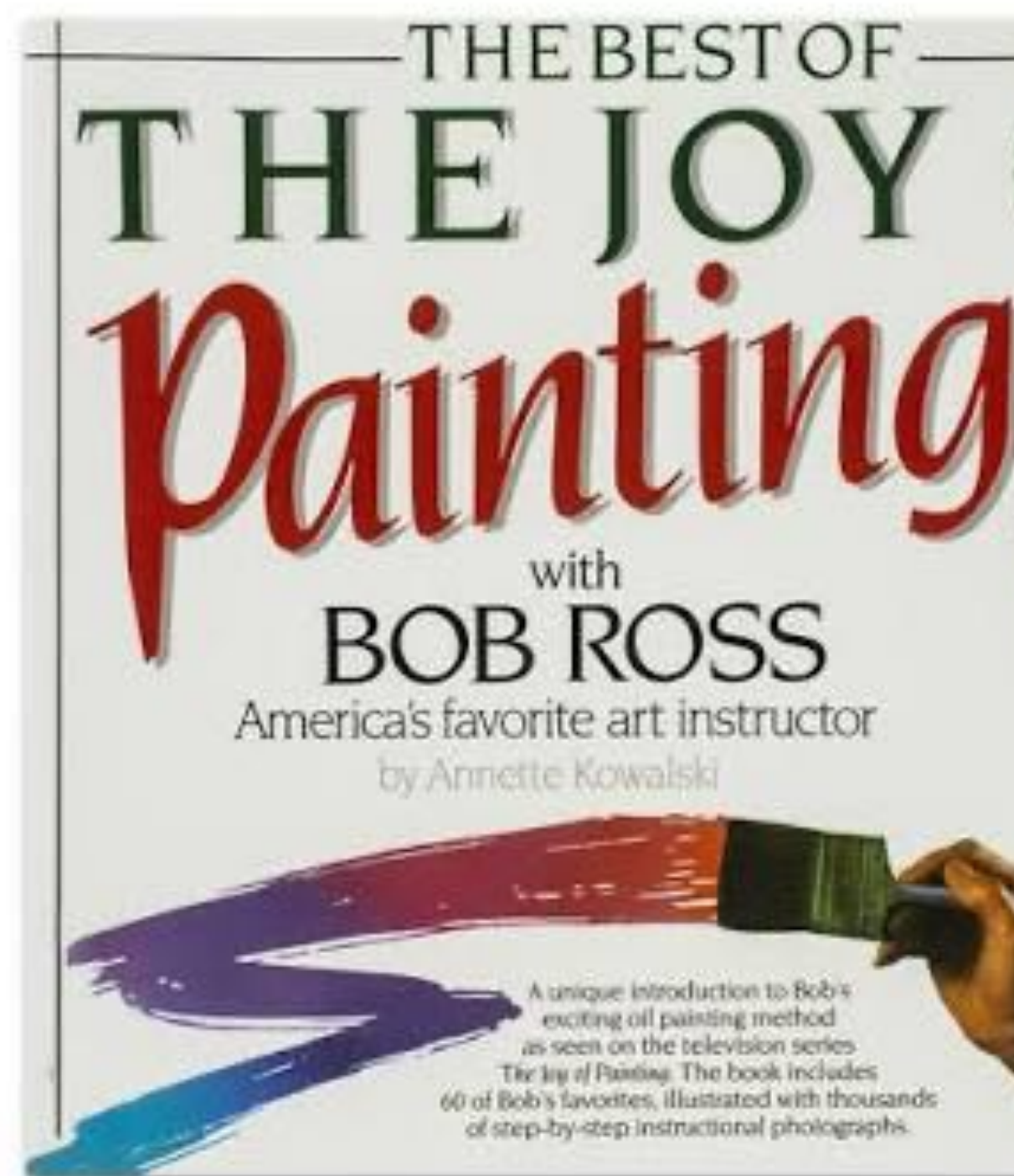
ALFRED S. POSAMENTIER
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**GOD DESIGNED OUR FAITH
TO BE FULL OF JOY**

“Be joyful at your festival...”

(Deuteronomy 16:14a, NIV)

“The **joy** of the LORD is your
strength.”

(Nehemiah 8:10b, NIV)

“I have told you these things so
that you will be **filled with joy.**”

(John 15:11, NLT)

“Be joyful always...”

(1 Thessalonians 5:16, NIV)

“**Rejoice** in the Lord always; I will
say it again: **Rejoice!**”

(Philippians 4:4, NIV)

THREE COMMON KILLJOYS

- WORRY

THREE COMMON KILLJOYS

- WORRY
- CIRCUMSTANCES

THREE COMMON KILLJOYS

- WORRY
- CIRCUMSTANCES
- LEGALISTIC RELIGION

“What has happened to all
your joy?”

(Galatians 4:15, NIV)

“What has happened to all
your joy?”

(Galatians 4:15, NIV)

**THREE KEYS TO
RECOVER MY JOY**

PHILIPPIANS:
PAUL DISCUSSES **JOY** 17 TIMES

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FOR PREVIOUS 4 YEARS:
• 2 YEARS IN PRISON

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- BITTEN BY SNAKE
- 2 YEARS HOUSE ARREST

PHILIPPIANS:

PAUL DISCUSSES JOY 17 TIMES

FOR PREVIOUS 4 YEARS:

- 2 YEARS IN PRISON
- SHIPWRECKED
- BITTEN BY SNAKE
- 2 YEARS HOUSE ARREST
- FACING TRIAL BY NERO

1. Reorient **my thinking**

“Finally, my brothers and sisters,
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, NIV)

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fix your thoughts on what is true,
and honorable, and right, and
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Think about things that are
excellent and worthy of praise.”

(Philippians 4:8, NIV)

The root cause of
joylessness:

The root cause of
joylessness:

The way
I choose to **think**.

“Keep putting into practice all you learned and received from me — everything you heard from me and **saw me doing**. Then the God of peace will be with you.”

(Philippians 4:9, NIV)

“Keep putting into practice all you learned and received from me — everything you heard from me and **saw me doing**. Then the God of peace will be with you.”

(Philippians 4:9, NIV)

2. Roll with life's changes

36 Reasons My Kid Is Crying... Temper Tantrums You Can't Help But Laugh At

There's a wonderful [blog](#) where parents can submit pictures of their kids crying and the reason why he or she is crying at that very moment. These are some of the best ones...

f
3.2K



570



The dog was in the way while he was trying to push the chair.



**I BROKE HIS CHEESE
IN HALF.**



THEY RECEIVED NEW HATS.



WE SANG THE
HAPPY BIRTHDAY
SONG TO HIM.



I WOULDN'T BUY HER
THE "DOLLY" MOVIE
FOR CHRISTMAS.

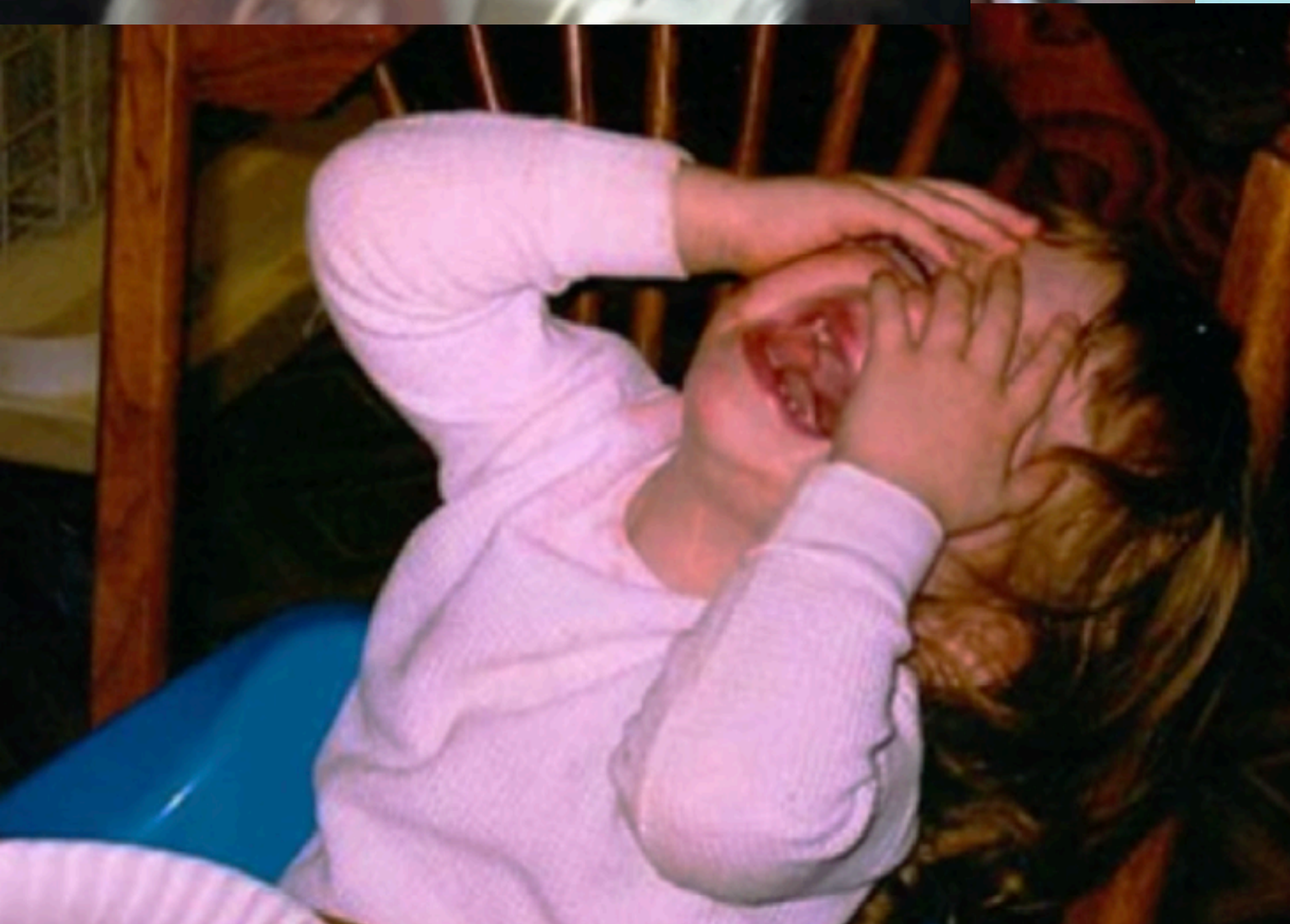




WE SAID SHE COULDN'T
HAVE MORE BACON.



**THERE WAS A HOT
DOG HIDDEN IN HIS
CORN BREAD.**



Your joy in life will be
largely dependent on your
ability to adapt to change.

“I have learned how to be
content with whatever I have.”

(Philippians 4:11, NIV)

“And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News.”

(Philippians 1:12, NIV)

“For everyone here, including the whole palace guard, knows that I am in chains because of Christ.”

(Philippians 1:13, NIV)

“For everyone here, including the whole **palace guard**, knows that I am in chains because of Christ.”

(Philippians 1:13, NIV)

“And all the rest of God’s people
send you greetings, too,
especially those in Caesar’s
household.”

(Philippians 4:22, NIV)

“I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.”

(Philippians 4:12, NIV)

Joy does not mean I have
to like the situation.

The promise of joy does not
mean I won't have sorrow.

The promise of joy does not mean I won't have sorrow.

It means all sorrow
is **temporary**; joy will
ultimately be **permanent**

3. Rest in God's power and grace

“I can do all things through
Christ, who gives me strength.”

(Philippians 4:13, NIV)

“The **grace** of the Lord Jesus
Christ be with your spirit. Amen.”
(Philippians 4:23, NIV)













THE JOY CYCLE:

As you **enjoy** God's grace,
you are **drawn closer** to Him.

THE JOY CYCLE:

As you **enjoy** God's grace,
you are **drawn closer** to Him.

And as you are **drawn closer** to
Him, you'll **enjoy** him more deeply.

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