



**FRUIT OF
THE SPIRIT**

JOY

Psalm 126 NRSV

When the Lord restored the fortunes of Zion, we were like those who dream. Then our mouth was filled with laughter and our tongue with shouts of joy; then it was said among the nations, "The Lord has done great things for them." The Lord has done great things for us, and we rejoiced. Restore our fortunes, O Lord, like the watercourses in the Negeb. May those who sow in tears reap with shouts of joy. Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves.

- Psalm 126



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*My brothers and sisters, whenever you face
various trials, consider it all joy...*

- James 1:2

Then he said to them, “Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared, for this day is holy to our Lord, and do not be grieved, for the joy of the Lord is your strength.”

- Nehemiah 8:10

*Very truly, I tell you, you will weep and mourn,
but the world will rejoice; you will have pain,
but your pain will turn into joy.*

- John 16:20

*For his anger is but for a moment;
his favor is for a lifetime.*

*Weeping may linger for the night,
but joy comes with the morning.*

- Psalm 30:5

Joy: great delight

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- Psalm 126:1-3

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- Psalm 126:4-6

I know that there is nothing better for them than to be happy and enjoy themselves as long as they live; moreover, it is God's gift that all should eat and drink and take pleasure in all their toil.

- Ecclesiastes 3:12-13

God's grace abounds

Sadness and joy can co-exist

"Joy comes from the Lord, a lasting emotion that comes from the choice to trust that God will fulfill his promises."

- The Bible Project

Promises of God:

- nothing can separate us from the love of God
(Romans 8:38-39, Matthew 28:20)
- we are made new in Christ
(Ephesians 2:1-10, John 10:7-10)
- God can use whatever the enemy intends for evil, and use it for good
(Genesis 50:20, Romans 8:28)
- God promises to be a comforter for us when we need it
(Psalm 23, Matthew 5:4, Psalm 147:3)
- God promises to give us strength
(Psalm 28:7, Deuteronomy 31:6)
- God promises rest to our souls
(Matthew 11:28, Psalm 4:8)

*...looking to Jesus, the pioneer and perfecter of faith,
who for the sake of the joy that was set before him
endured the cross, disregarding its shame,
and has taken his seat at the right hand
of the throne of God.*

- Hebrews 12:2