



#2. "Joy"

When Was The Last Time You Felt Overwhelming Joy?

the Holy Spirit produces this kind of fruit in our lives: love, *joy*, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things!

Galatians 5:22-23 [NLT]

Joy = A Deep Experience Of Gladness, Happiness, Delight and or Pleasure

- Joy Is An EMOTION

How Do We Cultivate Steady, Constant Joy In Our Lives?

I am the vine; you are the branches. Those who *remain* in me, and I in them, will produce much fruit. For apart from me you can do nothing. John 15:5

remain = Greek [μένω] "meno" = abide = the place in which you dwell

- Abiding Begins With SURRENDERING Your Will To God's Will.

"Fruit flows from surrender, not striving. From yielding, not performing."
~Timothy Keller~

When you produce much fruit, you are my true disciples. This brings great glory to my Father.

John 15:8

- This Is Not About You - This Is About The GLORY Of God

⁹ "I have loved you even as the Father has loved me. Remain in my love. John 15:9

- This Is An Invitation To Relationship Rooted In LOVE

When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love. ¹¹ I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! John 15:10-11

'You Can Experience A Consistent Joy That Is Not Changed By Your Circumstances Because You Are Connected To The One That Never Changes.'

You Spell [Inside Out] Joy

J - JESUS
O - OTHERS
Y - YOU

You Misspell [Outside In] Joy

Y - YOU
O - OTHERS
J - JESUS

Inside Out Joy Turns

- Envy Into CONTENTMENT
- Greet into GENEROSITY
- "I Have To" Into "I GET To"
- Grumbling Into GRATITUDE

Life Group Questions

<https://www.waipunachapel.com/life-groups/>

- Who is someone you would describe as joyful? What makes them joyful?
- Would the people who know you best describe you as joyful? Why or why not?
- Read John 15:5. Why do you think "remaining in Jesus" is the key to bearing fruit of the Spirit?
- Read John 15:8–12. Jesus connects joy to obedience, which is not the first thing most of us think about when we think about joy. How do you think obedience leads to joy?
- Immediately after explaining the connection between obeying his commands, remaining in him, and our joy being complete, Jesus issues his Great Commandment: "Love each other as I have loved you." Why would loving others like Jesus loves us lead to lasting joy?
- An inside-out joy It turns envy turns into contentment, Greed turns into generosity, grumbling into gratitude, "I have to" into "I get to." Have you seen this play out in real life? Share one example?
- What is one new way you could begin loving others as Jesus has loved you? How could you see that act leading to joy?

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