



Galatians 5:22-23

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

Jesus brings joy

- Joy is internal, happiness is circumstantial
- Joy is an aspect of God's being

1. Enemies of Joy

- Unresolved Guilt
Psalms 51:12 *"Restore to me the joy of your salvation"*
- Wounded Ego
1 Peter 5:5 *"All of you, clothe yourselves with Humility toward one another..."*
 - Ego is a form of pride and we need the opposite which is humility
- Unpleasant Circumstances
 - Even though your circumstances are unpleasant God still wants to give you Joy
 - Nehemiah 8:10 *"for the joy of the Lord is my strength"*

2. Jesus the perfect example of joy

- John 15:11 *"These things I have spoken to you so that my joy may be in you, and that your joy may be made full."*
- On the last night of His life, facing the cross, Jesus talks about love and joy

3. How can we experience that kind of joy?

John 15:5-6

"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned."

- Develop and maintain a personal relationship with Jesus
- Read the word of God
- Attend church and get plugged into a community group
- Give of ourselves in service for others
- Focus on the eternal not the temporal