

**AGAPE HOUSE OF WORSHIP
WEDNESDAY BIBLE STUDY**

Study Series: The Fruit of the Spirit Wednesday, June 28, 2023 Lesson 3 - Fruit of the Spirit - Joy

Facilitator: Pastor Gladys Osofisan. Texts: Galatians 5:22, Romans 14:17, Psalm 16:11. Ecclesiastes 4:9–12, Romans Philippians 4:4-8, Galatians 6:10, Psalm 19:8.

Galatians 5:22 But when the Holy Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control; and here there is no conflict with Jewish laws. (TLB)

The Nine Elements of the Fruit of the Spirit		
1	Love	Love (Agape) is the kind of love God has for His creation. It is pure, selfless and self-sacrificing; seeking the best for others (even enemies) at all times, at all costs.
2	Joy	The joy here is much deeper than a sense of happiness or gladness from life's circumstances. It is a profound delight and rejoicing that comes from knowing and serving God.
3	Peace	Peace is an unshakeable inner calm that can be a rare quality in turbulent times.
4	Forbearance	Also called longsuffering, forbearance has the common synonym "patience." It also means to delay repayment of a debt.
5	Kindness	Kindness is looking beyond our interests to the interests of others.
6	Goodness	This fruit of the Spirit is an attribute of action. It means living one's life with good morals and motives as well as doing good things for others.
7	Faithfulness	Faithfulness is steadfastness, constancy, or allegiance; it is carefulness in keeping what we are entrusted with.
8	Gentleness	Gentleness is the quality of being kind and careful. The way a Christian engages with others is what the fruit of gentleness is all about.
9	Self-control	Ability to control our thoughts, emotions, and actions.

Question 1: What is Joy?

Rick Warren defined joy as "the settled assurance that God is in control of all the details of my life, the quiet confidence that ultimately everything is going to be alright and the determined choice to praise God in every situation."

Question 2: What's the difference between Joy and Happiness?

Happiness	Joy
<ul style="list-style-type: none"> ● <i>Derived from external factors.</i> ● <i>Is usually temporary</i> ● <i>Is often associated with feelings of excitement</i> ● <i>Is often associated with feelings of excitement, pleasure, and satisfaction in specific situations.</i> ● <i>Can come and go</i> 	<ul style="list-style-type: none"> ● <i>Is an inner emotion that comes from a deep sense of contentment.</i> ● <i>Is more long-lasting and sustainable, rooted in an underlying sense of inner peace and well-being.</i> ● <i>Has a more enduring quality, providing a steady and consistent sense of well-being</i> ● <i>Can be cultivated internally through gratitude, acceptance, and a focus on inner growth and spiritual connection.</i>

Romans 14:17 emphasizes that the kingdom of God is characterized by righteousness, peace, and joy in the Holy Spirit. We can experience joy both now and in the future. As we wait expectantly for the joy in heaven, we can already find joy in the knowledge of God's promises.

Psalms 16:11 expresses how God reveals the path of life and fills us with joy in His presence.

Question 3: How Do You Maintain Joy?

The book of Philippians emphasizes the concept of joy, even in difficult circumstances, as Paul demonstrated while writing from prison. Let's explore the guidelines provided in Philippians 4:4–8 for experiencing joy in the Christian life:

1. Rejoice in the Lord always.
2. Recognize that God is close to you.
3. Replace anxiety with prayer.
4. Receive God's peace.
5. Set your mind on Godly things
6. Praise God intentionally.
7. Find joy in studying God's Word. Experience joy through prayer
8. Keep your focus on Godly things

Jesus also gave some instructions regarding joy.

- One of the keys to joy is 'remaining in His love as He commands in John 15:9-11
- Another way to experience joy in the Christian life is through community. Colossians 3:12–14

Discussion

Question 4: Can you have joy without having peace?

Question 5: If joy is meant to overflow, where is it drawing from?

Conclusion

Maintaining joy in the Christian life requires a deliberate focus on Godly things, rejoicing in the Lord, replacing anxiety with prayer, and receiving His peace. Joy can also be found through obedience to God, fellowship with other believers, and studying His Word. It is an overflow of a deep relationship with God, drawing strength and contentment from His presence and promises.

As Christians, we are encouraged to embrace joy as a hallmark of our faith, knowing that the kingdom of God is characterized by righteousness, peace, and joy in the Holy Spirit. May we continually seek to cultivate joy in our lives, reflecting the goodness and grace of our Heavenly Father to the world around us.