

**“We Need More Joy”**  
**Sermon Reflection Questions July 18, 2010**  
**Gal 5:22-26, Phil 4:4-7, Fruit of the Spirit**

The second fruit of the Spirit is joy. Often times we approach joy in a very reactive fashion. For example, we will be joyful when things are going well in our lives. If we had a good performance review at work we will be joyful, if we get good grades or if our children get good grades we will be joyful. But should joy be dictated by our external circumstances? Is it possible to have joy even when external circumstances are not what we would have hoped them to be?

1. When have you been most joyful in your life?
2. In our surrounding culture, what tends to enhance people's joy and what tends to detract from people's joy?
3. Psalm 34:7 tells us to delight in the Lord and He will give us the desires of our heart.
  - a. How do we delight in the Lord?
  - b. How could this passage be misconstrued?
4. Read the following passages: (Luke 15:1-7, 8-10, 11-32)
  - a. What does God rejoice in?
  - b. How can we take joy in the same things that God takes joy in?
5. Philippians 4:4-7 tells us to take a proactive approach to finding joy.
  - a. How can we move from taking a reactive approach to joy (i.e. finding joy when the circumstances are right) to taking a proactive approach to joy?
  - b. Paul was in prison for sharing the gospel when he wrote this letter, how can Paul rejoice at a time like this?
  - c. How does Paul's approach to joy encourage you?
6. James 1:2-4 gives a rationale for how we can find joy in the midst of suffering.
  - a. What is James' rationale?
  - b. What would be the difference between finding peace in suffering versus finding joy in suffering?

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c. Have you or someone you know been able to rejoice and find joy in suffering?

7. We didn't define joy in the message, but given what you heard in the message or from the passages [you have](#) been reading, how would you define joy?

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8. Where do you need to apply this message or the concept of joy to your life?