

“We Need More Joy”
Galatians 5:22-26, Philippians 4:4-7
Series: “Fruit of the Spirit” July 18, 2010

Galatians 5:22-26

²² By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, ²³ gentleness, and self-control. There is no law against such things. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also be guided by the Spirit. ²⁶ Let us not become conceited, competing against one another, envying one another.

Philippians 4:4-7

⁴ Rejoice in the Lord always; again I will say, Rejoice. ⁵ Let your gentleness be known to everyone. The Lord is near. ⁶ Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

1. Joy is a feeling and a choice (proactive joy rather than just reactive joy).

2. Take joy in God and the things that God takes joy in (Psalm 34:7).

3. Joy can be enhanced through suffering (James 1:2-4).