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Central Congregational Church  
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### The Joy Full Life

Series: *The Fruit of the Spirit – Living a Life that Pleases God*  
Galatians 5:22-26

**Central Thought:** Deep and lasting Joy is not circumstantial – it is nurtured by a growing awareness of and commitment to the presence and purposes of God.

- ❖ The Concept of Joy – beyond happiness.
  - Joy defined: “A delight in life that runs deeper than pain or pleasure.” (EDT)
- ❖ The Context of Joy – walking by the Spirit.

*Galatians 5:22–23 (NIV) — 22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.*

*Ephesians 5:18 (NIV) — 18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit...*

- ❖ The Capacity of Joy – the strength to endure.

*Nehemiah 8:10 (NIV) — 10 Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the LORD is your strength.”*

*Hebrews 12:1–3 (NIV) — 1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith. **For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.** 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*

- ❖ The Call to Rejoice – hopeful defiance.

*Philippians 4:4–7 (NIV) — 4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

*Romans 12:12 (NIV) — 12 Be joyful in hope, patient in affliction, faithful in prayer.*

### Questions/Homework

- ❖ Have you opened your life to the Spirit of God by placing your faith in his son, Jesus? (Rom. 3:23; 6:23; Luke 11:11-13)
- ❖ Are you actively seeking to live a life of obedience to the way of Jesus by the power of his Spirit? (Acts 1:1-8; John 14:15-31)
- ❖ Read and reflect on Romans 8:1-17, Galatians 5:13-26 and Ephesians 5:1-20 to consider what a Spirit-led life looks like.