

THE FRUIT OF THE SPIRIT: JOY

SCRIPTURAL REFERENCE
Galatians 5:22-26

ADDITIONAL STUDY
Proverbs 17:22
Romans 14:17
Philippians 4:4

PRAYER REQUEST

+ Ask for the grace to cultivate the Spirit of Joy that is already resident in you as a believer.

+ Ask for grace to abide in the presence of God and fellowship with the Holy Spirit, so you can bear joyful fruits that will benefit others.

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. - Galatians 5:22-23

As Christians, manifesting the fruit of the Spirit means we have reached a place of spiritual maturity in our spiritual growth – being yielded to and led by the Holy Spirit. The fruit of the Spirit is the product of the Holy Spirit’s presence in our lives, just as a fruit has its source from the roots. Manifesting the fruit of the Spirit is the hallmark of true believers and it should be our Christian goal. We will be looking at some of the fruit of the Spirit in subsequent editions, but we start today with the fruit of Joy.

Joy is a feeling of great pleasure and happiness. Many seek it through entertainment, some in athletics, careers, hobbies, relationships, wealth, status, alcohol, food, drugs, etc. However, all these only give a brief period of satisfaction. They pacify but never satisfy! The Greek word for Joy is: “Eirene” – it is not the joy that comes from earthly things or from triumphing over someone else in a competition. It is that joy whose foundation is God. David said in Psalm 16:11 – “You will show me the path of life; in Your presence is fullness of joy...” So ultimately, abiding in the presence of God will yield the fruit of Joy in us.

Some keys to cultivating Joy:

- Be Thankful – to cultivate joy, you must live a thankful life; be thankful for what God has given you, and remember to thank Him always for His boundless love and mercy.
- Singing - songs are the fountain spring of Joy. Make melody in your heart, sing in the Spirit and speak to yourself in Psalms. Songs will enliven your spirit and change any atmosphere. (Ephesians 5:19)
- The Word of God – nothing restores hope and builds faith like the Word. Be willing to study and meditate on the Word of God until it becomes your medicine for rejoicing.

A joyless Christian is a bitter Christian. You have to make a decision to maintain joy always, because this life is not a dress rehearsal it is your only chance at life. Your joy as a believer must come, not from where you are in life, but who you are in Christ. It does not come from what you have but from Who you have – the HOLY SPIRIT.

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