

Fruits of the Spirit

Joy

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- Love
- **Joy**
- Peace
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- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-Control

Dig With This

As you work through this worksheet, keep in mind: joy is found in abiding in Christ, and abiding in Christ grows as we walk in obedience to Him.

Abiding in Christ also comes through using the Common Means of Grace like:

- Scripture
- Prayer
- Worship
- Fellowship
- The Lord's Supper

Notes:

Key Scripture

5 I am the vine; you are the branches...7 If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. 8 By this my Father is glorified, that you bear much fruit and so prove to be my disciples. 9 As the Father has loved me, so have I loved you. Abide in my love. 10 If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. 11 These things I have spoken to you, that my joy may be in you, and *that your joy may be full.* -John 15:5,7-11

Additional Texts

- Galatians 5:22-23
- Psalm 16:11
- Acts 13:52
- 1 Thessalonians 1:6
- Philippians 4:4-8
- Colossians 3:15-17
- James 1:2-4



Scratching The Surface

What do you think the difference between Joy and Happiness is?

When was the last time you felt happy?

When was the last time you felt joy?

Deeper Still

Joy can be a hard emotion to feel. Why do you think that is?

Where do you think your source of Joy comes from? Why?

God's Word Unearthed

Jesus said that joy comes from abiding in Him. How do you abide in Jesus?

How do incorporate the means to help you to abide in Christ into your daily routine?

Praying

Lord Jesus, I ask that you would bring joy into my heart and life. Help me to find joy even in the midst of challenges. May I find joy in my relationships with friends, family, but especially with you Lord. Let me share in your joy as I abide in you that way my joy will be complete. In Jesus Joyous Name we pray. Amen.

Doing

Look at your calendar. Do whatever you need to find some time to abide in Christ.

Find a way to stay connected to other believers.

Filter out constant negativity thoughts that choke joy.

Confess your hidden sins and begin the pursite of Jesus