

The Fruit of the Holy Spirit pt2

Welcome to Harvest Community Church

Series: The Holy Spirit

Text: Galatians 5:22-24

Joy

The word joy comes from the Greek word **chara**, which means calm delight, cheerfulness and gladness. Joy is a characteristic of the Christian nature. A person filled with the Holy Spirit will not walk around with a sour, dour disposition. The old puritan idea that a true Christian who is holy rarely smiles because they understand the sacredness of a life with Christ and the responsibility of the call completely misses the point of a true relationship with Almighty God. God wants us to and designed us to **enjoy** life; He came to give us abundant life.

John 10:10, Psalm 68:3 Jesus Himself was a joyful person. **Luke 10:21, Luke 15:5, Psalm 45:7 John 17:13, Hebrews 12:2**

The abundant life that Jesus gives us does not deal with stuff but **fullness**. He desires our joy to be full not just us being full of joy. **John 15:9-11** God never intended us to just endure life but to enjoy life abundantly. Abundance deals with the idea of being **whole** and complete beyond measure.

Joy is much different than the idea of **happiness**. Happiness is a feeling and feelings always are changing. Happiness is dependent on what happens, it is **momentary** exuberance.

Eleanor Roosevelt ~ Happiness is not a goal it is a by-product

You can be full of joy and still unhappy with the circumstances; the problem with life is that we all have **problems**. **John 16:33, 1 John 5:4** Many Christians do not truly **believe** they can have real joy because they cannot fathom living the paradox that is the Christian life.

2 Corinthians 6:4-12

Several things to understand about happiness:

- Happiness is **subjective**. It is an elusive ideal. The same things do not make everyone happy so how do you decide and define what it is.
- Happiness is **temporary** because what happens next can steal it.
- The idea of happiness **misrepresents** what God intended for our life. Joy is down deeper than what is happening. **Romans 14:17**
- God is not concerned with our happiness, but He is concerned with our state of **mind**. He may not want us to be happy, but He also does not desire for us to be miserable. Happiness is a **cheap** imitation of what God intends. Joy is real, spectacular and eternal. Sometimes God's plan involves unhappiness to teach us joy.
- Happiness comes from the Latin word 'hap', which means **chance**; it means when things line up just right then it is all ok. How often does everything line up just so in life? This is why many are unhappy and discontented in their marriage, job or life.
- Joy produces something **long term** and deep, abiding peace, contentment and fulfillment that defies feelings and circumstances. It is much more significant and life altering than happiness. When happy times come **enjoy** them, they are a by-product of the real deal.

Joy comes as a result of our **trusting** God. It is derived from an intimate relationship with Christ. Happiness is circumstantial, Joy is **relational**.

Psalm 5:11-12, Psalm 35:9, Isaiah 61:10

Joy comes from abiding in the **presence** of the Lord. **Psalm 89:15, Psalm 16:11, Isaiah 51:11** All those who live for God or come back to God will find joy. This is a promise. Part of Christ's work on the cross was to make a way for His people to never be separated from Him so that **no one** would be able to take it away. **John 16:22-23** We need to learn this truth. *People can affect your happiness but **nothing** THEY do can remove your joy.

Joy is a direct result of our **obedience** to God's will and our remaining in His love. Many do not have a joy filled life because they are not remaining consistent in their walk with God. **John 15:9-11, Deuteronomy 28:1-13**

Joy is a direct result of the **blessing** of God. **Psalm 126:3, Romans 15:13, 1 Thess. 3:9**

Joy comes as a result of our **giving**. **Acts 20:35, Luke 6:38**

Because our joy is not situational but the Fruit of the Holy Spirit, we are able to find joy even in our times of difficulty and **suffering**. **James 1:2, 1 Thess. 1:6, Hebrews 10:34, 1 Peter 4:13, Romans 5:2-5**

Truths we need to understand about JOY:

- ❖ Joy is a **choice**. It comes from living a life committed to the priorities Christ has given us in His word regardless of the circumstances. Many misplace their joy because they give themselves permission to make compromises due to their circumstances. **Deuteronomy 7:9, 1 Corinthians 2:9**
- ❖ Joy is a **process**. Joy must grow and mature in the life of a believer. Remember that joy is a **Fruit** of the Spirit, fruit takes time to ripen. It is a quality that is built as we obey Christ in every circumstance. Every good thing in life takes three things, **time**, patience and **commitment**. **James 1:2-4**
- ❖ Joy is **confidence**. **Philippians 1:6** Joy comes as a result of our certainty of knowing and trusting God regardless of our circumstances. **Hebrews 12:2** Many have no joy because they are not confident in God's good will toward them. When we are, there is no question of "if" just "when" and then we learn to wait.
- ❖ Joy is the **person** of the Lord Jesus Christ. **Matthew 25:21**
- ❖ It is the Joy of the Lord that is our source of **strength**. **Nehemiah 8:10**

Hindrances to Joy

The hindrances to joy are not always a **choice** but we can always choose joy when we face these things that come to steal our joy. Satan wants to steal our life through sin, if he cannot do that, he will settle for stealing the **quality** of our life through unhappiness.

John 10:10 This is as real a battle as they come. This battle can be as strong as any temptation.

It is not a sin to be unhappy but it is no way to truly **live**.

* Discouragement and **melancholy**, depression, negative thinking, a lack of love, allowing bitterness, resentment and jealousy to creep into our life, wrong desires, sinful living