



**THE NINE FRUITS OF THE SPIRIT**  
**The Fruit of Joy – Pastor Alton Trimble**  
**Bible Study & Life Groups: Wednesday, June 20, 2018**

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Hebrews 12:1-2 (NKJV)

*Therefore, we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, <sup>2</sup> looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*

- 1. Natural Joy is achievable but not lasting**
- 2. What does the bible tell us about joy?**
  - a. Biblical Joy is a river that runs deep in our inner person.**

1 Peter 1:3-9 (MSG)

*<sup>3-5</sup> What a God we have! And how fortunate we are to have him, this Father of our Master Jesus! Because Jesus was raised from the dead, we've been given a brand-new life and have everything to live for, including a future in heaven—and the future starts now! God is keeping careful watch over us and the future. The Day is coming when you'll have it all—life healed and whole. <sup>6-7</sup> I know how great this makes you feel, even though you have to put up with every kind of aggravation in the meantime. Pure gold put in the fire comes out of it proved pure; genuine faith put through this suffering comes out proved genuine. When Jesus wraps this all up, it's your faith, not your gold, that God will have on display as evidence of his victory. <sup>8-9</sup> You never saw him, yet you love him. You still don't see him, yet you trust him—with laughter and singing. Because you kept on believing, you'll get what you're looking forward to: total salvation.*

Romans 12:12 (ESV)

*Rejoice in hope, be patient in tribulation, be constant in prayer.*

- b. Joy is a way of living or perspective in processing the believer can have in the circumstances of life.**

James 1:2 (ESV)

*Count it all joy, my brothers, when you meet trials of various kinds.*

Philippians 4:4 "at all times" (ESV)

*Rejoice in the Lord always; again I will say, rejoice.*

- c. Joy that is eternal comes from God alone.**

Romans 15:13 (ESV)

*May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.*

**d. This Joy can be connected to our request of God**

John 16:24 (ESV)

*Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.*

2 Chronicles 1:10-12 (ESV)

*Give me now wisdom and knowledge to go out and come in before this people, for who can govern this people of yours, which is so great?" <sup>11</sup> God answered Solomon, "Because this was in your heart, and you have not asked for possessions, wealth, honor, or the life of those who hate you, and have not even asked for long life, but have asked for wisdom and knowledge for yourself that you may govern my people over whom I have made you king, <sup>12</sup> wisdom and knowledge are granted to you. I will also give you riches, possessions, and honor, such as none of the kings had who were before you, and none after you shall have the like."*

**e. Joy can be obtained through pursuit of the kingdom of God**

Matthew 6:33 (ESV) - *But seek first the kingdom of God and his righteousness, and all these things will be added to you.*

Romans 14:17 (ESV) - *For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.*

**f. God's Joy has medicinal properties**

Proverbs 17:22 (ESV) - *A joyful heart is good medicine, but a crushed spirit dries up the bones.*

**g. God's Joy is the source of security**

Psalms 16:9 (ESV) - *Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.*

**h. Proper expectations result in Joy**

Proverbs 10:28 (ESV) *The hope of the righteous brings joy, but the expectation of the wicked will perish.*

**i. Joy is God's plan for you**

Jeremiah 29:11 (ESV) *For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.*

**j. Joy and trust are connected**

Psalm 33:21 (ESV) *For our heart is glad in him, because we trust in his holy name.*

**k. Find God find Joy**

Psalm 16:11 (ESV) *You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.*

**l. Praise is the language of inner Joy**

Psalm 150:6 (ESV) *Let everything that has breath praise the LORD! Praise the LORD!*

Psalm 34:1 (ESV) *I will bless the LORD at all times; his praise shall continually be in my mouth.*

**3. Joy that is sustainable**

**a. The problem of the wrong focus, input and attitude in developing sustainable joy.**

**b. We must have and maintain proper focus.**

Philippians 4:4-9 (ESV) Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup>Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup>do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup>Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. <sup>9</sup>What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

**c. Three steps to accomplishing the above**

- Rejoice (Philippians 4:4)
- Relax (Philippians 4:5)
- Rest (Philippians 4:7)

**d. Know that coming into this is a process**

Philippians 4:11 (ESV)

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.

Philippians 4:12 (ESV)

I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.

LIFE GROUP DISCUSSION QUESTIONS

1. What are the kinds of experiences in which you have experienced Joy?
2. Are Joy and happiness the same thing? Explain.
3. What has been your ultimate source of Joy?
  - What is the real source of eternal Joy and how do you access it?
4. What are the steps to sustainable Joy in your life?
5. In what ways has the Joy of the Lord helped you in times past?