



# THE GOSPEL OF CHRIST BIBLE OUTREACH

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gcbo.com.ng



## THE FRUITS OF THE SPIRIT

**Pastor A.S.O Olaleye**

Text: Galatians 5:22-23

**October 25, 2022**

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

### What is Fruit of the Spirit?

The Fruit of the Holy Spirit is a biblical term that sums up nine attributes of a person or community living in accord with The Holy Spirit.

Joy is the next fruit of the Spirit.

What is the definition of joy?

The definition of joy says that joy is a feeling of good pleasure and happiness.

Joy is a beautiful emotion to experience. It's the feeling you get when you're laughing with friends, or when you're simply with a loved one.

Joy is just a feeling, however, and it can leave us in an instant depending on our circumstances in life.

But, biblical joy is a different kind of joy.

What is the biblical definition of joy?

The biblical definition of joy says that joy is a feeling of good pleasure and happiness that is dependent on who Jesus is rather than on who we are or what is happening around us.

Biblical Joy comes from the Holy Spirit, abiding in God's presence and from hope in His word.

Biblical joy can be a confusing thing, especially since it's something that doesn't come just in the best of times.

Because it is dependent on who Jesus is and God's presence in us as the Holy Spirit, biblical joy is accessible to us even in the worst of times, and it can never be taken away from us.

John 16:22 "Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you".

Biblical Joy Is Knowing Jesus

Philippians 4:4 "Rejoice in the Lord always; again I will say, Rejoice".

Biblical joy is knowing Jesus and rejoicing in him.



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But how can we rejoice in the Lord, if we do not know who he is?

Jesus is the Son of God, who has saved us from our sins for a life of freedom with him.

Jesus wants a relationship with us and has given us his Holy Spirit so that we can hear his voice and get to know him better through God's word.

When we draw close to him, we can feel his peace beyond understanding, contentment in any situation, and even experience healing in his presence.

That is why we can find joy in knowing Jesus, who has saved us from the dominion of darkness and transferred us into the kingdom of light.

And the best part is we don't have to wait until we get to heaven to know how good Jesus is.

We get to have a relationship with Jesus, where we get to worship him, talk to him, listen to him, and love him. Knowing Jesus requires time with him in the word of God, and that time produces a relationship full of abundant peace and joy.

That is why even in the hardest times of my life, I always experience joy because I knew Jesus was with me and I knew who He was. Jesus is faithful. He is the same yesterday, today, and forever. But, there's no way of truly knowing who Jesus is without reading the Bible. That's why biblical joy is also found when we put our faith in God's word.

### Biblical Joy Is Faith In God's Word

God's word is His revelation to us, it's where we can get to know him and soak in his presence no matter what is going on in our life.

When we know the blessings that are in God's word and come from remaining it in, we will experience abundant joy.

*Psalm 16:11 "You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore."*

God's word makes the path of life visible to us and it is alive and active over with truth, hope, and joy.

Of course, there's no way of having joy in God's word and his promises if we don't know them.



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God says in his word that he will never leave us or forsake us, he will strengthen us, he will comfort us, and bring us peace.

He is near to the brokenhearted and wants to bless us and keep us close to him. From cover to cover the Bible is full of God's promises, and it only takes a small amount of time to be completely overwhelmed by God's love for us and transformed by the words he speaks over us.

That's why knowing God's promises is so important, and believing in them is essential for planting joy deep in our souls.

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.

### **Biblical Joy Is Abiding In Jesus And In His Holy Spirit**

As Christians, once we have accepted Jesus, we receive the Holy Spirit. God has given us his Holy Spirit as a down payment for our life with him to come, and the Holy Spirit is here to guide us into all grace and truth. Since the Holy Spirit is God's presence that has come to dwell in us, we are able to remain in him and abide in Jesus forever.

John 15:5 "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing."

### **The Importance Of Biblical Joy**

Joy is a great predictor of good health

There's research to prove that joy boosts our immune systems, fights stress and pain, and improves our chance of living a longer life. Being joyful could quite literally add years to life - don't you just think that's the most awesome thing ever?

Without biblical joy, we'd be left to rely on circumstances in life to make us happy and bring us joy. That would work out great during family vacations and when things are going our way, but what happens when life gets hard?



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With Jesus, we know that we will be in heaven with Him for eternity, and even while we're still here on earth, we have the Holy Spirit to help us and bring us joy when we need it.

Even in the hardest, darkest, and most chaotic times of our lives, Jesus is there, and he is offering us true joy because as Christians, we know this world is not our home. We belong with God, and every trial we are facing is nothing compared to the glory that is coming.

*Romans 8:18 For I consider that the sufferings of this present time are not worth comparing with the glory that is going to be revealed to us.*