



**The Fruit of the Spirit**  
**Lesson 2: The Fruit of Joy & Peace**

Main Text

**Galatians 5:22, 23**

The Fruit of Joy

**1. What is joy?**

Definition of JOY:

The Greek word for joy is derived from the same Greek word for grace. This shows us that joy is not human-based happiness that comes and goes with the circumstances. Rather, joy is supernatural and has a divine origin

**1 Thessalonians 1:6**

Definition of AFFLICTION:

- \_\_\_\_\_
- Crushing, grueling, unbearable, intolerable, and impossible situations.

Paul uses this word to show us how the supernatural fruit of joy can help us to overcome the attacks of the devil.

**2. Serving God with and without joy**

**Deuteronomy 28:47, 48**

The consequences of serving God without joy:

- \_\_\_\_\_

- Wanting all things

- \_\_\_\_\_

The opposite should be true of someone who serves God with joy.

- Overcoming the enemy

- \_\_\_\_\_

- Free from any yokes (bondages)

### **3. The first function of joy is to provide victory in your life.**

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Whatever overcomes a person becomes his master.

People serve whatever they are in bondage to.

You can see the degree to which you are in bondage to the enemy by the extent to which your trials overcome you.

- How do you respond when you suffer through an extended trial?
- How do you react when friends and family are angry with you?

When you cultivate the fruit of joy, it helps you to overcome trials.

#### **1 Peter 4:12, 13**

God wants us to rejoice in times of trials.

In the natural this seems impossible. Having joy through difficult times is only possible if we cultivate the fruit of joy.

Jesus is our example of how to do this.

#### **Hebrews 12:3, 4**

Jesus' greatest trial was in the Garden of Gethsemane.

How did He resist?

Answer: \_\_\_\_\_

**Hebrews 12:2**

When we cultivate joy we gain the strength to overcome trials in our lives regardless of their magnitude or length.

**4. The second function of joy is to provide fulfillment in all things.****Nehemiah 8:10**

Definition of STRENGTH: \_\_\_\_\_

The source of your endurance is joy.

**James 1:2-4**

There are three promises listed in James to those who endure trials with joy:

- They will be perfect.
- They will be complete.
- \_\_\_\_\_

Sometimes people base their happiness on their circumstances.

The spiritual fruit of joy is not determined by what kinds of things are happening in our lives. It is a constant spiritual force that we can possess in good times and in bad times.

**2 Peter 1:3**

Our salvation provides us with everything we need for life.

Joy is the bucket that enables you to draw from the well of salvation.

**5. How do you cultivate joy?**

- \_\_\_\_\_

**John 15:11****1 John 1:4****Jeremiah 15:16**

- \_\_\_\_\_

Many believers do not have joy simply because they are self-centered.

When we reach out to someone else during our time of trial we learn that self-pity can be turned into joy by a simple act of our will.

### **John 3:27-30**

John 3:30 was the key to joy in John's life.

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Every time you give yourself away you cultivate and develop the fruit of joy.

### **Acts 20:24**

- The fruit of joy is cultivated by seeking God's presence.

### **Psalm 16:11**

## The Fruit of Peace

### **1. What is peace?**

Definition of PEACE:

The definition of peace, in the Greek, is the equivalent of the Hebrew word "shalom" which gives the idea of wholeness, completeness, or tranquility in the soul that is unaffected by outward circumstance or pressure.

The word also means:

- The rule of order in place of chaos.
- A calm that results in the ability to conduct oneself peacefully, even in the midst of circumstances that would normally be very nerve-racking or upsetting.
- Peace is not the absence of war. \_\_\_\_\_

### **2. Peace keeps trouble out of your heart.**

#### **John 14:27**

#### **Luke 10:38-42**

When someone doesn't have peace in their heart they begin to neglect the most needful thing – spending time with Jesus and His Word.

**Philippians 4:6, 7**

Definition of KEEP: To mount guard as a sentinel; to post spies at the gate

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Peace will not allow the enemy to gain entrance.

**3. Peace determines the direction your life will take.****Colossians 3:15**

This puts the responsibility on the individual to “let” peace rule in their heart.

Definition of RULE: \_\_\_\_\_

When the fruit of peace is cultivated it becomes something that helps you make decisions. It keeps you in the boundaries of God’s will.

Just like an umpire who blows a whistle when a player runs out of bounds, peace “blows the whistle” in your heart when you leave the boundaries of God’s will.

You can allow the peace of God to \_\_\_\_\_

**4. Peace enables you to be a peacemaker.**

You can only give away what you possess yourself.

**Matthew 27:14**

Being a peacemaker was a characteristic of Christ. It should be a characteristic of His followers as well.

**Matthew 5:9, 38-42****Matthew 5:44, 45**

This is only possible if we cultivate the fruit of peace.

**Romans 12:19-21**

Definition of AVENGE: To inflict pain or harm in return for pain or harm inflicted on oneself.

This does not mean that certain people do not deserve punishment. It means that it is not our place to be the one who punishes.

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**5. The fruit of peace is cultivated by prayer and praise.**

**Philippians 4:6, 7**

The key ingredient to this prayer is thanksgiving.

When we thank God we are praising Him.

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**Isaiah 57:19**

What is the fruit of our lips?

**Hebrews 13:15**

The fruit of our lips is praise to God. That praise brings peace.

**6. The fruit of peace is cultivated by abiding in Jesus.**

**John 15:4, 5**

Definition of ABIDE: To dwell permanently; to make a homestead; to continue

When we abide with Jesus we are not walking in and out of our relationship with Him based on our feelings or our circumstances.

When we abide in Jesus we bear much fruit. Peace is one of the fruit we bear!

How do you abide in Jesus?

**John 16:33**

The words of Jesus bring peace. Abiding in the Word of God and abiding in Jesus are the same things.

**Psalms 119:165**

**Proverbs 3:1, 2**

**Isaiah 26:3**

When your mind is on Him, \_\_\_\_\_

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## **7. Promises of peace given to the believer**

**Psalm 37:37**

**Psalm 55:18**

**Psalm 4:8**

**Proverbs 16:7**

**Hebrews 12:14**

As believers, we should be pursuing peace.