

The Fruit of the Spirit is Joy and Peace

Galatians 5:22

I. The Joy and Peace Stealers

A. Identify the issues that block our joy and peace.

- Selfishness/Greed
- Fear/Doubt/Insecurities
- Stress/Time obligations
- Sin/Guilt (true *and* false guilt)
- Bitterness/Grudges
- Hurt/Losses
- Trials of many kinds

B. Seek God for how He wants us to address (in His power) what blocks His joy and peace in our life.

II. I can have Joy from God.

A. Receiving Joy from God

- By knowing we are saved eternally (Luke 10:20)
- By knowing God rejoices in us (Isaiah 62:5; Zephaniah 3:17)

B. Experiencing Joy

- Joy is an attitude we choose (Psalm 32:11; Philippians 4:4).
- To experience God's joy, we must shift our focus from our circumstances to our relationship with Him (John 15:9,11; Philippians 4:4).

III. I can have Peace from God.

A. Receiving Peace from God

- By knowing we *have* peace with God forever through faith in Jesus Christ (Romans 5:1-2).

B. Experiencing Peace

- Peace comes to us only as we depend on the Holy Spirit for it (Romans 15:13).
- As we pray and rest thankfully in God's control, He produces supernatural peace in us (Philippians 4:6-9).