



I. What Is Joy?

II. Experiencing Joy

Psalm 16:8-9

III. Sharing Joy

Acts 8:4-8

IV. Growing in Joy

Personal Reflection

Take time this week to pray & respond to the following:

Happiness and joy are often misunderstood as being synonymous. People tend to be happy when they are fed, entertained, and comfortable. Happiness exists in the moment and diminishes when the good feelings subside. It is similar to a weed—spreading easily but lacking the ability to flower and blossom into anything substantial.

Joy, on the other hand, is like a tree. It grows steadily and has roots that dive deep into the soil of the human soul. It transcends the limitations common to happiness because it is achieved in knowing and serving God.

Deliverance from the slavery and condemnation of sin is the beginning of knowing true joy. It is free for all who seek it and it can only be found in a relationship with Jesus Christ. As you experience joy in Him, show and share it with others so that they too may experience the joyful fruit of the Holy Spirit.

Are you striving toward and even settling for happiness rather than joy? Is the landscape of your life so cluttered with weeds of temporary happiness that a lasting tree of joy cannot take root? Are you known as a steady person who has the joy of the Lord or as an erratic pursuer of an ever-changing craving of comfort and pleasure?

Prayerfully ask God to increase the joyful fruit of the Spirit in your life. Reflect upon the various reasons and ways His love should be bringing you joy. Ask God to give you opportunities to be a witness and testimony to the joy that is found in Christ alone. Commit to allow God to make changes in your life so that you can better live and love in accordance with the joy He causes to manifest in you in and through you.