

LIVE BY THE SPIRIT

Since we live by the Spirit, let us keep in step with the Spirit – GAL 5:25 (NIV)

PT 13: Cultivating Joy

By Andrew Foo (18/12/16)

1. Understand Joy

a) Acts 13:52 (NIV)

⁵² *And the disciples were filled with joy and with the Holy Spirit.*

b) “Joy” (Chara) – An experience of inner gladness, delight or pleasure that’s based on spiritual realities and independent of external circumstances

c) Joy - Fruit

- Gift

d) Why is joy vital?

- It’s attractive

- It’s life giving – Prvb 17:22 (ISV)

²² *A joyful heart is good medicine, but a broken spirit drains one’s strength.*

2. Cultivate Joy

a) We must draw from the right source

- Isa 12:3 (NRSV)

³ *With joy you will draw water from the wells of salvation.*

- Psa 43:4 (NLT)

⁴ *There I will go to the altar of God, to God—the source of all my joy. I will praise you with my harp, O God, my God!*

b) We must learn contentment

- Phil 4:12-13 (Voice)

¹² *I know how to survive in tight situations, and I know how to enjoy having plenty. In fact, I have learned how to face any circumstances: fed or hungry, with or without. ¹³ I can be content in any and every situation through the Anointed One who is my power and strength.*

c) We must practice servanthood

- Phil 2:4 (GW)

⁴ *Don't be concerned only about your own interests, but also be concerned about the interests of others.*