

The Fruit of the Spirit: Joy

Part 1 of 2 - The Source of Joy

True joy is not dependent on circumstances but is rooted in our relationship with God. Nehemiah 8:10 reminds us, “The joy of the Lord is your strength.” This true joy comes from knowing God, and trusting in His promises. It is a deep-seated gladness that holds firm, even in the trials we face.

The world offers temporary happiness based on fleeting pleasures and external conditions. However, that joy that comes from God is different. It is not just an emotion but an assurance and contentment that comes from being in harmony with God’s will. This divine joy goes beyond the highs and lows of life, providing us with a foundation that anchors our hearts in peace, regardless of what we face.

Jesus Christ speaks of this joy in John 15:11, “These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.” This joy is a gift from Christ. Unlike worldly happiness, this joy is eternal and unshakable.

As we reflect on the joy that God provides, let us focus on His goodness and faithfulness, and allow His joy to fill our hearts. Choose to rejoice in the Lord, knowing that His presence in our lives is the source of our true joy.

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Part 2 of 2 - Joy in Trials

James 1:2-3 challenges us with its difficult truth: “My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience.” Joy in trials is not about enjoying our hardships, but is about trusting that God is at work in our lives, that He is refining and strengthening our faith.

The ability to find joy in the midst of adversity is not an easy task of faith. It shows a deeper understanding that God’s purposes are always for the good, even when the road may seem too hard. Trials, though painful, are opportunities for growth. They strip away the superficial and reveal the depth of a relationship with God. As we endure, our faith will become more resilient, and our joy, rooted in Christ Jesus, becomes more evident to those around us.

Paul, who faced many numerous trials, wrote in Philippians 4:4, “Rejoice in the Lord always: and again I say, Rejoice.” His joy was rooted in his relationship with Christ, not in that of his circumstances. He understood that trials were temporary, but the joy of the Lord is eternal.

When we face challenges, we can choose to rejoice, knowing God is using these situations to draw us in closer to Him. This joy is a powerful testimony to others, showing that our hope is not in this world but in the eternal promises of God.

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True joy's not swayed by what we see,
It's anchored deep in God's embrace.
Nehemiah's words, our strength decree,
In trials, His joy holds its place.
Worldly pleasures may come and go,
But God's joy remains, steadfast and slow.

In trials, joy's not found in pain,
But in the faith that God refines.
Through hardship's storm, our hope's sustained,
In patience, true joy's light shines.
Temporary trials, eternal gain,
In Christ, our joy shall ever remain.