



SPIRITUAL GROWTH REVIEW

The Fruit of the Spirit Is...



THE SECRETS OF BEING FRUITFUL

Memory Verse for this week: *"For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider Him who endured such opposition from sinners, so that you will not grow weary and lose heart."* Hebrews 12:2b-3

1. Read **Proverbs 10:28**. What is a good definition of joy? Where does it come from and how do we get it?
2. Where does the world find joy? Is it truly joy according to our definition? How is the world's joy different from biblical joy?
3. How is joy different than happiness?
4. Look at **James 1:2-4**. Is joy a choice or not?
5. Do you know someone who bubbles over with joy all of the time? Is their constant smile fake or is it really possible?
6. "Joy is certain about the future." How can anyone be certain about what will happen in the future. Is this some sort of empty optimism?

7. Read **1 Peter 1:6-9**. What is the key to finding joy in the midst of difficult circumstances? Can you think of any examples of people who had joy despite challenging trials?

8. How does a lack of joy typically affect our spirit? How might it manifest in our daily life?

9. Consider **Philippians 4:4**. Should a Christian be joyful all of the time? Is this realistic?

10. Read **Romans 15:13**. Why is it so important for Christians to have a habit of overflowing with joy?

11. Do you find it difficult or easy to find joy in your life? What helpful practices do you exercise to refocus your spirit on joy?

12. Are we able to pass on the joy that we have to others? How do we do this?

13. Read the memory verse for this week from **Hebrews 12:2b-3**. If our joy comes from the work that Jesus did on the cross, from where did Jesus receive His joy?

14. What do you need to change so that you live a life characterized by joy?

For this week: Take a look at your joy. Do people see you as a joyful person? Consider the insights from our discussion and make it your goal to overflow with joy to those around you. Reflect on God's love, and allow it to fill your heart with joy!