

### **3. Joy, like Jesus**

#### **While waiting to begin please discuss:**

1. What does “joy” make you think of?  
What people in your life would you think of as joyful? Why?
2. What false sources of joy do we often look to?  
Why are they so enticing, but so unsatisfying?

#### **Recap: the fruit of the Spirit... becoming more like Jesus**

Galatians 5:22-23, “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”

**Expect** – the Lord to work

**Pray** – for the Lord to work

**Learn** – from the Lord Jesus

#### **The “problem” of joy – in the Christian faith?... in me?**

#### **Joy in the life of Jesus**

- Good news of great joy!... water into wine (John 2)... feasting and meals... “a glutton and a drunkard” (Luke 7:34)
- who wept (John 11:35)... a man of sorrows (Isaiah 53:3)
- “... who for the JOY set before him endured the cross...” (Hebrews 12:2)

#### **How can we cultivate the joy of Jesus?**

##### **Jesus promises to share his joy:**

“These things I have spoken to you, that my joy may be in you, and that your joy may be full,” (John 15:11)

##### **Learning from Jesus in Luke 10:17-21**

False joy (vv17,20):

- in circumstances, in ourselves

True joy (v20):

- don’t go looking for joy!
- look for the Lord’s sovereign & gracious & enduring work for you

Just like Jesus (v21), as He “rejoiced in the Holy Spirit”

Joy and suffering? (e.g. James 1:2,4, Philippians 4:4)

- God is at work
- God is with us

##### **Learning from Jesus in Psalm 16 (see Acts 2:25-28, 13:35)**

#### **Questions to discuss**

1. What have you learned today? What is the “route” to joy?
2. How might you pursue joy at this stage of your life? (What do you need to pray about? Or seek to change or do?)
3. How might you encourage, support or pray for a brother or sister who is struggling for joy?