

One Step to Freedom  
Chapter 6: The Fruit of the Spirit

Lesson 2  
Joy

*“The fruit of the Spirit is ... joy” (Galatians 5:22).*

Joy is the second fruit of the Spirit listed in Galatians 5:22. A heartfelt joy in the Lord—regardless of your circumstances—is a strong evidence to others that God has truly transformed your life.

The joy that is the fruit of the Spirit is a much deeper joy than surface emotions that most people associate with the meaning of happiness. All believers experience a feeling of joy at the point of their spiritual rebirth. However, as trials and testings come along, many lose their joy and their desire to serve the Lord (Luke 8:11-13). The joy that is the fruit of the Holy Spirit is constant and peaceable—despite circumstances. God wants us to experience this joy on a daily basis, and has revealed in His Word how we can do so.

**Read John 15:9-12.** Jesus said that if we love one another, our joy may be full. By abiding in the *agape* love of God, our joy can endure and overcome all obstacles.

**Read 1 Peter 1:3-9.** God promises that as we look ahead to our blessed eternal hope and riches in Christ, we can experience the joy that is inexpressible and full of glory, regardless of what trials we may endure.

**Read James 1:2.** God tells us to count it all joy when we fall into testing and trials—because eventually the outcome or the end will be joyous!

**Read Luke 6:22-23.** Jesus said to leap for joy when we are persecuted for His name’s sake, because our reward is not in this brief life but in the eternal one that is to follow.

The joy of the Holy Spirit (Galatians 5:22) in our lives is not based upon temporal pleasures. The joy that the Holy Spirit pours into our lives overcomes trials, tests and persecutions. It is a joy that is a direct result of our understanding and abiding in the *agape* love of God.

1. Read Acts 16:23-24 and then write how Acts 16:25 can be possible.

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2. What does Jesus tell us to do in John 15:11-12? What is the result?

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3. Examine 1 Peter 1:3-6 and write what God has done for you and why.
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4. According to Luke 6:22, what will men do to those who follow Jesus Christ?

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5. Referring to Luke 6:23, what does Jesus tell us to do when this happens?

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6. When testings and trials come upon us, what should we do? See James 1:2.

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*“And not only that, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received the reconciliation” (Romans 5:11).*