

Romans 15:13 KJV

“Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost”.

Galatians 5:22-23 KJV

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, [23] Meekness, temperance: against such there is no law”.

Joy is something we all long for but that often seems elusive and if finally obtained, difficult to keep. But one of the great benefits of being filled with the Holy Spirit is the joy that comes with it. Joy is a fruit of the Holy Spirit, produced by God’s work in us, and it is God’s will for every believer to be a possessor and protector of that joy.

Joy = Chara

❶ Great delight; gladness of heart

Acts 2:46-47 KJV - *“And they, continuing daily (with one accord) in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart, [47] Praising God, and having favour with all the people. And the Lord added to the church daily such as should be saved”.*

7 characteristics of a Unified Church:

- 1: A unified church is a *praying* church
- 2: A unified church is a *relational* church
- 3: A unified church is an *inclusive* church
- 4: A unified church is a *happy* church
- 5: A unified church is a *focused* church
- 6: A unified church is a *praising* church
- 7: A unified church is a *growing* church

❷ The happy state that results from knowing and serving God

Psalms 146:3-5 KJV - *“Put not your trust in princes, nor in the son of man, in whom there is no help.[4] His breath goeth forth, he returneth to his earth; in that very day his thoughts perish.[5] Happy is he that hath the God of Jacob for his help, whose hope is in the Lord his God:”*

③ A deep, abiding, inner peace. Calmness

2 Corinthians 13:11 KJV - *"Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you".*

How can a person "live in peace" in such a chaotic world?

1. We must set time to restore our mind, body and spirit.
2. We must learn how to create positive energy around us and deflect negative energy away from us

Protecting your peace begins
when you open up and
acknowledge God in everything
you do. ~C.S.T.

Here's ways to take care of you and your inner peace:

1. PRAY
2. MEDITATE
3. READ
4. JOURNAL
5. TURN YOUR TELEVISION OFF
6. Turn your cell phone off
7. Stay off social media a few hours and at times a few days
8. Go to the spa. Get a massage
9. Take a hot bath
10. Go for a walk in nature
11. Enjoy a great cup of coffee or hot herbal tea
12. Listen to spiritual, inspirational, meditative and uplifting music
13. Dance (even if you can't dance)

14. Watch an inspirational movie
15. Clean your home
16. Clean your car
17. Do something nice for someone they did not expect you to do

I challenge you to do at least two things from this list every day.

4 things to help you live in peace:

1. You have the right to take care of yourself.
 - a. **Mark 1:35-37 KJV** - *"And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.[36] And Simon and they that were with him followed after him.[37] And when they had found him, they said unto him, All men seek for thee".*
2. You have the right to rest.
 - a. **Genesis 2:2 KJV** - *"And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made".*
3. You can't fix everything that's broken. Some jobs are for God only.
 - a. **Proverbs 23:9 KJV** - *"Speak not in the ears of a fool: for he will despise the wisdom of thy words".*
4. You don't have to make everyone happy, and you'll never be able to, no matter what you do. So do your best to please God and do right by people and be done with it.

④ To rejoice, to be glad

1 Peter 1:6-8 KJV - *"Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations: [7] That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ: [8] Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory:".*

5: Happy, cheerful, and festive

John 16:33 KJV - *"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world".*

The "FRUIT" is the product of the Holy Spirit's cultivation of character in a heart. ~ C.S.T.

Joy is the natural reaction to the work of God, whether promised or fulfilled.

Romans 14:17-19 KJV

"For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost. [18] For he that in these things serveth Christ is acceptable to God, and approved of men. [19] Let us therefore follow after the things which make for peace, and things wherewith one may edify another".

The Spirit's production of joy can manifest in several different ways:

1: The joy of deliverance

Psalm 34:6 KJV - *"This poor man cried, and the Lord heard him, and saved him out of all his troubles".*

2: The joy of salvation:

Luke 15:7 KJV - *"I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance".*

Acts 13:48, 52 KJV - *"And when the Gentiles heard this, they were glad, and glorified the word of the Lord: and as many as were ordained to eternal life believed. [52] And the disciples were filled with joy, and with the Holy Ghost".*

3: The joy of spiritual maturity:

1 Thessalonians 2:19-20 KJV - *"For what is our hope, or joy, or crown of rejoicing? Are not even ye in the presence of our Lord Jesus Christ at his coming? [20] For ye are our glory and joy".*

4: The joy of God's presence:

Psalm 16:10-11 KJV - *"For thou wilt not leave my soul in hell; neither wilt thou suffer thine Holy One to see corruption. [11] Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore".*

The Greek *chara* is closely related to *charis*, which means "grace" or "a gift." *Chara* is the normal response to *charis*—we have joy because of God's grace.

Allow our joy to become an action as we express it, although sometimes joy can be so great it is inexpressible (1 Peter 1:8).

Possessing Joy is a choice.
~C.S.T.

We choose whether to value God's presence, promises, and work in our lives. When we yield to the Spirit, He opens our eyes to God's grace around us and fills us with joy (Romans 15:13).

Joy cannot be found in a fallen world; it is only fellowship with God that can make our joy complete (1 John 1:4).

1 John 1:1-4 KJV

"That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, of the Word of life; [2] (For the life was manifested, and we have seen it, and bear witness, and shew unto you that eternal life, which was with the Father, and was manifested unto us;) [3] That which we have seen and heard declare we unto you, that ye also may have fellowship with us: and truly our fellowship is with the Father, and with his Son Jesus Christ. [4] And these things write we unto you, that your joy may be full".