

### **THE FRUIT OF THE SPIRIT: JOY**

*John 16:16-24*

#### **MAIN IDEAS FROM THIS WEEK**

1. THE NECESSITY OF JOY
2. THE ANATOMY OF JOY
3. HOW JOY GROWS IN OUR LIVES

#### **DISCUSSION QUESTIONS – Pick two or three of these to talk about as a group**

1. What was most helpful for you from this week's message? Why?
2. It is easy to view joy as an optional part of the Christian life. Why do you think we view joy this way? Did this week's teaching shape or change your view of joy in any way?
3. Jesus has a joy for you that you will never be satisfied apart from and once you have it, it can never be taken away. What are some passages in the Bible that show that Jesus cares about your joy?
4. The illustration of a mother giving birth in John 16 makes it clear that the joy Jesus offers is not incompatible with suffering. In fact, suffering can enhance and even produce this joy. How have joy and suffering been related in your life?
5. Are you experiencing the joy Jesus offers? If so, how would you describe that joy? If not, what do you think is stealing or hindering your joy?
6. Who is the best example you've seen of someone who exudes joy even in the midst of suffering?
7. Joy enters into our lives as we realize more and more that Jesus endured the cross for the joy that was before Him. And we are that joy! What are some practices and habits that could help us work this reality deeper into our hearts? In other words, what are some practices that will help joy grow in our lives?

**A TRUTH TO TAKE WITH YOU:** The joy Jesus offers is based on the one thing that no amount of suffering could ever take from us. It is based on Jesus himself.