

# Living in the Spirit

## *The Rejoicing of Joy*

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**Text: Galatians 5:22-23**, “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

### Introduction

Living in the Spirit is made possible by the “fruit of the Spirit” or by the result of the indwelling of the Holy Spirit. In the Greek, the term “fruit of the Spirit could also be translated the “harvest of the Spirit.” It is an expression of what is produced by the indwelling of the Holy Spirit as we allow Him to work and produce spiritual growth within us.

*Paul's teaching concerning a fruit-filled spiritual life centers on a set of 9 virtues. To be sure, the imagery of fruit to portray the outcome a person's activities is a familiar metaphor to those who are acquainted with the Old Testament (e.g., [Ps. 1:3](#); [Prov. 1:31](#); [12:14](#); [13:2](#); [18:20](#); [31:21](#)) and was often used by Jesus himself ([Matt. 7:15-20](#); cf. [John 15:1-8,16](#)). As Morris observes, "The man who so abides in Christ and has Christ abide in him keeps on bearing fruit in quantities.... These are strong words which emphasize the necessity of remaining in vital contact with Christ if fruitfulness is to continue."<sup>2</sup> The metaphor of the fruitful life thus takes on fresh spiritual vigor in the New Testament.<sup>3</sup> – <https://bible.org/article/fruit-spirit>*

Note the *factors* related to our ability to experience joy and continue in rejoicing.

## I. Joy is Found and Seen in our Ability to Rejoice in Christ.

David wrote in Psalm 16:11, "You lead me in the path of life; I experience absolute joy in your presence; you always give me sheer delight".

### A. The Holy Spirit within us fosters a sense of joy.

Acts 13:52 says, “And the disciples were filled with joy and with the Holy Spirit.”

### B. Rejoicing is giving voice and place to the joy of His presence in our hearts.

Romans 14:17 tells us, “For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit...”

## II. Joy is Perpetuated by our Decision to Rejoice in Christ.

“Joy is thus a distinctive feature of every aspect of the believer's life. "Joy is experienced through God's means of grace in the midst of life. . . . Worship evokes it ([Ps 42:4](#); [43:4](#); [46:4](#); [71:23](#); [100:1](#); [Lk 24:52](#); [Jas 5:13](#)), obedience discovers it ([Ps 32:11](#); [64:10](#); [68:3](#); [69:32](#); [87:15](#); [119:1](#); [Prov 10:28](#); [13:9](#); [29:6](#))

and work fosters it” -- <https://bible.org/article/fruit-spirit>

### **A. Joy comes with the presence of the Holy Spirit, but it is our choice to rejoice.**

**1 Thessalonians 5:18-19** “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus. **19** Do not quench the Spirit.” NIV

**Philippians 4:4-7**, “Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” NIV

### **B. Rejoicing multiplies the joy already there.**

**The Psalmist declares,** " As for me, I will sing about your strength; I will praise your loyal love in the morning; for you are my refuge and my place of shelter when I face trouble" ([Ps. 59:16](#)).

## **Conclusion**

“Researchers have found almost no correlation between income levels and happiness. Between 1957 and 1990 income levels in the U.S. doubled. Yet at the same period, people’s levels of happiness did not increase. In fact, reports of depression actually increased tenfold. Incidence of divorce, suicide, alcoholism and drug abuse also rose dramatically.”

- The Power of Full Engagement, Jim Loehr