

FRUIT OF THE SPIRIT DEVOTIONAL

# JOY



BP CHURCH

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



**Love (Agape):** Unconditional, self-sacrificing love. It is the highest form of love and is often used to describe God's love for humanity.

**Joy (Chara):** Deep-seated gladness, delight, or rejoicing, often independent of circumstances.

**Peace (Eirene):** A state of tranquility, quietness, and freedom from disturbance. It can also refer to harmony in relationships.

**Forbearance (Makrothymia):** Patience, longsuffering, or endurance in the face of provocation or adversity.

**Kindness (Chrestotes):** Goodness, generosity, moral integrity, and benevolence in one's character.

**Goodness (Agathosune):** Moral excellence, uprightness, and kindness in actions and behavior.

**Faithfulness (Pistis):** Fidelity, loyalty, and reliability in keeping one's promises and commitments.

**Gentleness (Praytes):** Meekness, humility, and a mild or gentle disposition.

**Self-Control (Enkrateia):** The ability to exercise restraint over one's impulses, emotions, and desires.

## Scriptures

“Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls.” (1 Peter 1:8–9, ESV)

“You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, that my glory may sing your praise and not be silent. O LORD my God, I will give thanks to you forever!” (Psalm 30:11–12, ESV)

“Therefore my heart was glad, and my tongue rejoiced; my flesh also will dwell in hope. For you will not abandon my soul to Hades, or let your Holy One see corruption. You have made known to me the paths of life; you will make me full of gladness with your presence.” (Acts 2:26–28, ESV)

“Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.” (John 16:24, ESV)

“And the angel said to them, “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” (Luke 2:10–11, ESV)

## A Theological Overview

For the biblical writers, joy is rooted in God and what He has done for people in general and His people in particular. As part of Solomon's dedication of the temple, the people of Israel feasted for eight days. On the eighth day, Solomon sent them home with joyful (שמח, śāmēah) hearts because of all the good that God had done for His servant David and His people Israel (1 Kgs 8:66). When David, the elders of Israel, and military leaders brought the ark of the covenant, carried by the Levites, to Jerusalem, they did so with joy (שמחה, śimhâ; 1 Chr 15:25).

When an angel announces to the shepherds that a Savior has been born, he says, "Behold, I am proclaiming to you good news of great joy" (Luke 2:10). After Peter's miraculous release from prison, he went to the house of Mary, where people had gathered to pray for Peter (Acts 12:7–11). When Mary's servant Rhoda recognizes Peter's voice at the gate, Rhoda is so filled with joy (χαρά, chara) that instead of letting Peter in, she runs into the house and tells the group that Peter is at the gate (Acts 12:14).

Joy marks the people of God both individually and corporately. This characteristic of God's people is present in the Old Testament but is most evident in the New Testament. Paul tells the Roman believers that the kingdom of God is marked by righteousness, peace, and joy (chara) in or by the Holy Spirit (Rom 14:17). He also tells the believers in Corinth, "I am being supplied lavishly with joy (chara) in all our affliction" (2 Cor 7:4).

Joy (chara) is part of the fruit of the Holy Spirit that should be evident in the Christian community (Gal 5:22). When Moses is describing the covenantal curses that will come upon his people if they forsake Yahweh and His covenant with them, Moses declares that since they did not serve God with joy (śimhâ) as a response to the abundance that God blessed them with, they will serve their enemies (Deut 28:47). In the New Testament, the concept of joy also relates to the eschatological future. For instance, Revelation 19 describes future events related to Jesus' second coming and other aspects of the coming consummation of all things. The author of Revelation exhorts his audience by saying, "Let us rejoice and be glad and give him the glory; the wedding celebration of the Lamb has come" (Rev 19:7).

“REJOICE IN THE LORD  
ALWAYS; AGAIN I WILL SAY,  
REJOICE.”

(PHILIPPIANS 4:4)



## Day 1: Joy Of His Salvation

**READ:** “The seventy-two returned with joy, saying, “Lord, even the demons are subject to us in your name!” And he said to them, “I saw Satan fall like lightning from heaven. Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you. Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven.””  
**(Luke 10:17–20, ESV)**

**THINK:** In Luke 10:17-20, the disciples return rejoicing after experiencing the power of God on display through their ministry. While Jesus acknowledges their excitement, He redirects their focus and reminds them that the true cause for celebration is not in the authority over demons, but in their names being written in heaven. Anything we can accomplish for God pales in comparison to what God has already done for us. This is a call for us to prioritize our relationship with Christ above all that we can accomplish, sacrifice, or witness. King David once wrote in Psalm 51:12, “Restore to me the joy of your salvation, and uphold me with a willing spirit.” Whenever we find ourselves more concerned about the works of God than God Himself, consider making this scripture a prayer that would reorient our focus on Jesus.

**DO:** Take a moment to express gratitude for the salvation and victory that comes through faith in Jesus Christ and what He did for us on the cross. Consider 5 ways your life has changed since following Christ. Are you more at peace? Do you have more joy? How about your relationships? Thank the Lord for all the ways He is changing you.

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“Joy is the serious business of Heaven.”

- C.S. Lewis

## Day 2: Joy in Giving

**READ:** “The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.” **(2 Corinthians 9:6–8, ESV)**

**THINK:** The Apostle Paul tells the Corinthian church in 1 Corinthians 16:1-4 to put a little money aside each week in order to send an offering that would help the Christians in the Jerusalem churches who were in need. This was a gift that was supposed to be given joyfully and not under compulsion, guilt, or feeling forced into it. The principle here is that when we give, we should do so abundantly, joyfully, and faithfully. We do this because God has been generous with us, our gift will be a blessing to others, and God is able to provide for our needs.

**DO:** More often than not, people tend to find joy when life flows towards us (we get more money, more possessions, more praise). As a Christian, what if we tried the opposite approach in finding joy? Identify one way you can be generous today, whether through a kind gesture, a thoughtful word, or a tangible gift. Approach this act of generosity with a cheerful heart and observe the joy it brings.

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“The very nature of joy makes nonsense of our common distinction between having and wanting.”

- C.S. Lewis



**“CLAP YOUR HANDS, ALL PEOPLES! SHOUT  
TO GOD WITH LOUD SONGS OF JOY!”  
(PSALM 47:1)**



## Day 3: Cultivating Joy in Adversity

**READ:** “Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness.”  
(James 1:2–3, ESV)

**THINK:** The difficulty about hardships is that they are usually situations in which a joyful reaction might be the most difficult response for us to have. Here we are called to count it all joy when we encounter trials of various kinds. The word ‘trial’ or peirasmos could mean an inner enticement to sin or an external affliction like persecution. Either way, James knows that when we face these trials in our lives and prevail, it both tests and refines our faith. We tend to see tests as events that expose what we lack. Here however, it is framed in the positive. It should be seen as an opportunity to prove what we have learned or how far we have come. That is why we can count it all joy.

**DO:** Using climbing a mountain as an analogy for the trials we face, identify some of the trials you have gone through. Think about each phase that you went through and try to identify any lessons learned from these trials.

- A. The Base Camp: The mountain looks impossible to climb.
- B. The Ascent: The hardships you face through the trial.
- C. Plateaus: The period of calm or rest while the trial is still ongoing.
- D. The Summit: The sense of joy in overcoming adversity.
- E. The Descent: Reflection time for growth and learning.



"The mere fact itself that God's will is irresistible and irreversible fills me with fear, but once I realize that God wills only that which is good, my heart is made to rejoice."

- A. W. Pink

## Day 4: Love In Action

**READ:** “One gives freely, yet grows all the richer; another withholds what he should give, and only suffers want. Whoever brings blessing will be enriched, and one who waters will himself be watered.” **(Proverbs 11:24–25, ESV)**

**THINK:** The principle of reaping and sowing applies to more areas than just our finances. It is not hard to envision that since the Israelites believed the whole earth and everything that filled it belonged to their Lord (Ps. 24:1), that whatever they had or earned belonged to God as well, and was a gift from Him. Since we have freely received from God, when we freely give back to God and others, it can provide tremendous joy. Joy is not a finite resource; it can be given, received, shared, and multiplied, and as this proverb says, when we bless others, we will be enriched ourselves. Too often with the good things in life, we try to keep them to ourselves. When we share with others and it brings them joy, we get to share in that joy as well. As a proverb in the same chapter says, “A man who is kind benefits himself, but a cruel man hurts himself” (Proverbs 11:17, ESV).

**DO:** Identify someone in your life who could use a bit of joy today. It could be a friend, family member, classmate, or colleague. Take intentional steps to bring joy to their day—whether through a kind word, a thoughtful gesture, or a simple act of service.

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“There is a joy which is not given to the ungodly, but to those who love Thee for Thine own sake, whose joy Thou Thyself art. And this is the happy life, to rejoice to Thee, of Thee, for Thee; this it is, and there is no other.”

## Day 5: Joy in A Job Well Done

**READ:** “Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.”  
**(Hebrews 12:1–3, ESV)**

**THINK:** Here, the writer of Hebrews encourages us to continue to run the race of faith set before us. We are encouraged to look to Jesus who is our example, and, that for the joy set before Him, knowing what His sacrifice would mean for humanity, endured the cross, and despised the shame. Christ knew people would be set free by His sacrifice. Regardless of what we are facing, we can find joy and strength in our hardships as we look to our example, Jesus Christ. We know that Jesus endured so much greater suffering than we ever will, but there was a peace and a joy which passed all understanding because He was doing the will of the Father—and so should we.

**DO:** Here are a few things to consider from this passage:

**Identify and Remove Hindrances:** Reflect on your life and identify any hindrances or sins that may be slowing down your spiritual journey. Just as the passage suggests, actively work on laying aside these weights that hinder your progress in faith. This could involve addressing specific habits, attitudes, or distractions that detract from your relationship with God.

**Fix Your Eyes on Jesus:** As the passage encourages, keep your focus on Jesus as the ultimate example of faith and endurance. Regularly spend time in prayer, meditation, and studying the Scriptures to deepen your understanding of who Jesus is and what He endured for your sake. This will serve as a constant source of inspiration and guidance.

**Cultivate a Joyful Perspective:** Reflect on the joy set before you in your faith journey. Focus on the positive impact your faith can have on your life and the lives of others. Cultivate a mindset of joy, knowing that your enduring faith and the race you run will lead to a deeper connection with God and a lasting impact on the world around you.

“If you want to be distressed, look within. If you want to be defeated, look back. If you want to be distracted, look around. If you want to be dismayed, look ahead. If you want to be delivered, look up!”

