

THE SEED OF JOY

December 2, 2018

Galatians 5:22 (TPT) – **“But the fruit produced by the Holy Spirit within you is divine love in all its varied expressions: joy that overflows, peace that subdues, patience that endures, kindness in action, a life full of virtue, faith that prevails, gentleness of heart, and strength of spirit. Never set the law above these qualities, for they are meant to be limitless.”**

- *fruit* – fruit of plants/body (children), harvest produced by the Holy Spirit
- If you want fruit, a seed must be planted—no seed, no fruit.
- A seed produces of its kind.
- Where we feed and dwell determines the quality of growth and development.
- When we receive Jesus, God sows His Spirit and Word in us like a seed.
- Since a seed produces its kind, then God’s seed immediately began producing God in us.
- The character of the seed determines the fruit.
- You may not feel “joy that overflows”, but it’s in you!
- What the Bible says is ours is ours!
- Happiness is circumstantial pleasure—when something changes, it disappears.
- Happiness is human, joy is divine—it stems from the character of God.
- Expect the fruit of the Spirit because that is the seed of God sown into us.
- If you sow the enemy’s seeds of fear (thoughts, words), you will grow fear.

“Joy to the World”

- Isaac Watts wrote it as a poem based on Psalm 98.
- It was a celebration of Jesus as King and His kingdom coming to the earth.
- The King sets the climate for the Kingdom!
- He is the King of joy—receiving Him includes receiving His joy!
- His personal joy becomes our strength.
- His joy is “unspeakable” (beyond adequate description) and full of His glory (weighty, tangible, real—not phony).
- Luke 2:10 (NLT) - **“Don’t be afraid!...I bring you good news that will bring great joy to all people.”**
- Jesus brought great joy with Him!

John 10:10 – over the top abundant, joyful life

- *Thief* (klepto) - to steal; an artful pickpocket who goes almost unnoticed
- *Kill* - to sacrifice, surrender, give up something precious and dear
- *Destroy* - ruin, trash, devastate
- He will try to rob you of the good seed inside you—he’s afraid of your joy.
- Good News—the seed is still in you!

STIRRING UP JOY

Be Purposeful

- In most of Paul's writings, he associates joy with times of affliction and adversity.
- Affliction – laying under a huge boulder until your body is crushed—situations unbearable without the help of the Holy Spirit.
- Adversity can bring strength that otherwise wouldn't have been developed.
- The Thessalonians were able to have joy in the midst of persecution because of the work of the Holy Spirit in them.
- Joy has an opportunity to flourish when times are strenuous and tough!
- Luke 6:22-23 – Rejoice and leap for joy when you are persecuted.
- Joy doesn't come from an emotional reaction but comes by deliberately viewing the situation from God's perspective—it's a choice, not a feeling.
- Instead of letting your situation suppress joy, bring joy to your situation.

Surround Yourself with Joyful People

- Children laugh an average of 400 times a day, while adults laugh only 15 times per day.
- Laughter is evidence of joy in your life—plant seeds of laughter.
- **Laughter relaxes the whole body.** It relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** It decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals.
- **Laughter protects the heart.** Laughter increases blood flow, which can help protect against a heart attack and other cardiovascular problems.
- **Laughter burns calories.** Laughing for 10 to 15 minutes a day can burn about 40 calories, losing three or four pounds over the course of a year.
- (SHOW VIDEO)

Remind Yourself of What God has Done

2 Timothy 1:5-6 (NLT) – **“I remember your genuine faith, for you share the faith that first filled your grandmother Lois and your mother, Eunice. And I know that same faith continues strong in you. This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you.”**

- Nero was emperor of the Roman Empire and was persecuting believers.
- Timothy was tempted to fear for his life and future.
- Paul reminded him of his family's spiritual heritage and that He would be faithful again.

- *Remind* – to regather or recollect memories—to replay the memories
- As Timothy remembers what God has done in the past, it stirs up the gift of the Lord in him.
- It doesn't say what gift—it was a manifestation of the Holy Spirit in Timothy.
- Reminding ourselves of His faithfulness stirs up joy in hopeful expectation that He will move again.
- Focus on what God IS doing and not what the devil says He is NOT doing.