**Life Group Lesson -- Week of September 23-29, 2018**

**The Fruit of the Spirit is…Joy**

**Text: Galatians 5:22; Romans 5:1-5**

**Open It**

One way to cultivate and experience God's joy is to count God's blessings and be thankful. Take a

moment and write out all the blessings you can think of in the following categories. Be as specific as

possible. Remember: joy is the by-product of gratitude. Share with your group some of the things for

which you are thankful.

What or who are you thankful for in your personal life?

What or who are you thankful for in your professional life?

What or who are you thankful for from your past?

What are you looking forward to that has you excited?

How does being thankful change your attitude and begin to restore joy?

**Explore It Text: Read Romans 5:1-5**

1. How does Jesus Christ change a person's standing with God? (5:2)
2. For what reasons can a Christian rejoice? (5:2-3)

3. . What good things can result from walking through tough times? (5:3-5)

How do you keep this perspective while walking through those tough times?

1. What does it mean when it says “hope does not disappoint us? (5:5)

How does hope figure into bringing us joy?

**Apply It**

1. What are some things in this text that would cause a Christian to rejoice?

2. . How is it possible to rejoice even when you are going through suffering?

3. What grief or sorrow in your life has God turned to joy?

4. What are some of the things you are allowing to be barriers to joy in your life?

5. If you were more thankful, joyful, and gentle, how might your family and friends be affected?

6. Can a Christian person really "choose" joy over anxiety or sadness?

7. In what present circumstance do you need to stop grumbling and stay focused on your joy in Christ?

Claiming God's promises and focusing on who He is, is another way to choose joy. How do the

following verses help you experience hope in the midst to the storm?

Ps. 34:15-18; Ps. 46:8-10; Ps. 94:18-19; Isaiah 55:8-13; Phil. 4:4-8