

How We Deal with Others:
Finding a Middle Way with the Fruit of the Spirit

Week 2: The Fruit of Joy

Each day mark off 15-30 minutes (or more if you have the time) to pause, say the opening prayer, then read the passage and reflect on the questions. You are encouraged to write your responses that come to mind. Be as specific as your thoughts are. You will find that capturing your honest, unfiltered thoughts will lead you to actions that become transformative. This is how the Holy Spirit grows within us.

Opening Prayer (to be said each day): *Lord, thank you for being with me right now. Settle my thoughts. Speak to me. I am open to whatever you say and however you direct me. And I trust that you want only what is best for me. Amen*

Monday: Read all of John 16:20-24.

Reflection:

Pay particular attention to the words, “no one will take your joy from you?” Are there people in your life who deplete your joy?

Why do you think Jesus says, “no one will take your joy from you?”

What would the phrase “that your joy may be complete” look like in your life?

Tuesday: Read James 1:2-3

Reflection:

What does it mean to find joy in the midst of trials?

Make two lists: What trials do you face? What reasons for joy do you have? Do they intersect?

How can you look for joy every day?

Wednesday: Read Romans 12:9-21

Reflection:

Why do you think Paul encouraged people to “rejoice with hope” in the context of the behaviors and attitudes he describes in these verses? What do you know of Paul’s life that would have led him to write this?

Do any of the actions in these verses stand out to you? Why? Is God calling you to practice that today? What would it take to do it?

Thursday: Read Nehemiah 8:10

Reflection:

First some context. The people of Israel had allowed the Law of God (Torah) to become buried and lost. Upon its discovery and reading, they heard how far removed their lives became from God’s intention. They were grieved, but the prophet told them not to mourn, for “the joy of the Lord is your strength.” What do you think those words meant to the people of that time?

What do those words mean for your life now? What is “the joy of the Lord?”

Friday: Read Luke 24: 36-41

Reflection:

You may want to read this whole chapter for context. Some translations put verse 41 this way, “they disbelieved for joy.” How did that statement describe the disciples at that point?

What can keep your joy from being depleted by your reasons for disbelief?

Saturday: Reflect on your reflections this week. Are there any action steps you feel God would want you to take?