

The Fruit of the Spirit

Where Can I Find a Little Joy

May 2, 2004

Psalms 16:8-11

1. **Happiness and joy are not the same thing.** Happiness depends largely on happenings or circumstances. It is conditional.
2. **Joy** – gladness of heart, good cheer, to rejoice can be experienced even in affliction. It is not based upon feelings or circumstances, but on a relationship with Christ, and never fades or evaporates. It is eternal.
3. **But joy is a choice** - you must choose to have joy.

I. Where Is the Joy?

1. The psalmist has declared in verse 5, “The Lord alone is the portion of mine inheritance and of my cup of blessings”
2. He chose to set the Lord always before himself
3. He is speaking of his relationship with God. He concludes that in His presence is the fullness of Joy and at his right hand are pleasures for ever more.
4. **John 15:11** - *“These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. (Jesus had just explained the relationship he has with us and we with him. True vine and the branches)*
5. **Luke 10:20** - *“Notwithstanding in this rejoice not, that the spirits are subject unto you; but rather rejoice because your names are written in heaven.”*

II. What Does Joy Do for Me?

1. **Nehemiah 8:10** - ... *”for this day is holy unto our Lord: neither be ye sorry; for the joy of the Lord is your strength.”*
2. **If circumstances have beaten you down** – get in his presence where there is fullness of joy.
3. **Isaiah 12:2-3** - *“Behold God is my salvation; I will trust, and not be afraid: for the Lord Jehovah is my strength and my song; he also is become my salvation. (3) Therefore with joy shall ye draw water out of the wells of salvation.”*
4. **Isaiah 61:3** - **to those that mourn**, *“... to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness....”*
5. **James 1:2** *“My brethren, count it all joy when ye fall into divers temptations; knowing this, that the trying of your faith worketh patience let her have her perfect work, that ye might be perfect and entire, wanting nothing”.*

III. If You Lose It You Can Get It Back

1. **Psalms 51:11-12** - *“Cast me not away from thy holy presence;.... Restore unto me the joy thy salvation....”* (He had pleaded for mercy, wash me thoroughly, cleanse me, purge me with hissop, make me to hear joy and gladness, hide your face from my sins, create in me a clean heart and renew a right spirit in me.)
2. **Phillipians 4:4-7** - *“Rejoice in the Lord always: and again I say, Rejoice. ...be careful for nothing, but with prayer and thanksgiving let your request be made known unto God.”*