

# Fresh Fruit Part 3 - Saturday

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September 17, 2022

## JOY!

**Galatians 5:22**, But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit.

## Joy Is a Christian DISTINCTIVE!

**Philippians 4:4**, Rejoice in the Lord always. I will say it again: Rejoice!  
5 Let your gentleness be evident to all. The Lord is near.

## How Do We Have This Kind of Joy?

### - Check Your FOUNDATION

**Philippians 4:6**, Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

### - Check Your INTAKE

**Philippians 4:8**, Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

### - Check Your OUTPUT

**Philippians 4:9**, Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

**- Check Your FOCUS**

**Philippians 4:10**, I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

**Philippians 4:4**, Rejoice in the Lord always. I will say it again: Rejoice!  
5 Let your gentleness be evident to all. The Lord is near.