

**CORE Expressions**  
**Joy and Peace**  
**Week 3**

**Galatians 5:22**

<sup>22</sup> But the fruit of the Spirit is love, **joy, peace, (NIV)**

Joy = Chará – the actualization of freedom

Peace = Eriēnē – A state of being - reconciled

**Romans 15:13 (NIV)**

<sup>13</sup> May the God of hope fill you with all **joy and peace** as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

**JOY**

**Personal Statement:**

I express joy through the working of the Holy Spirit in all circumstances as a reflection of my relationship with Christ regardless of my circumstances.

John 15:9-11

As the Father has so loved me, so have I loved you. Now remain in my love. If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. **I have told you this so that my joy may be in you and that your joy may be complete.**

**Big Question:**

**What has robbed you of joy? What has given you joy?**

**Joy busters**

**1. Having a poor \_\_\_\_\_ of God**

John 8:31–32

<sup>31</sup> To the Jews who had believed him, Jesus said, **“If you hold to my teaching, you are really my disciples. <sup>32</sup> Then you will know the truth, and the truth will set you free.” (NIV)**

- A poor understanding causes us to think small
- A poor understanding removes trust

**2. Having a tight hold on things that don't \_\_\_\_\_**

Matthew 6:19–21

<sup>19</sup> **“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. <sup>20</sup> But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. <sup>21</sup> For where your treasure is, there your heart will be also. (NIV)**

- A tight hold creates possessiveness
- A tight hold causes greed and an absence of generosity
- A tight hold distracts our heart

### 3. Harboring \_\_\_\_\_

Colossians 3:12–14

<sup>12</sup>Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. <sup>13</sup>Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. <sup>14</sup>And over all these virtues put on love, which binds them all together in perfect unity. (NIV)

- Unforgiveness leaves room for anger and bitterness
- Unforgiveness creates a hard heart
- Unforgiveness causes distance rather than intimacy

### 4. \_\_\_\_\_

1 John 4:18

<sup>18</sup>There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. (NIV)

- Fear usually presumes negativity
- Fear is the absence of confident faith
- Fear is performance based love which is easily disappointed.

### 5. \_\_\_\_\_

Hebrews 12:1

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. (NIV)

- Sin hinders
- Entangles
- Separates
- Creates guilt and shame

### Big Question:

**How does the Holy Spirit provide joy in any circumstance?**

#### 1. Maintain an \_\_\_\_\_ perspective

1 Peter 1:3–9

<sup>3</sup>Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, <sup>4</sup>and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, <sup>5</sup>who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. <sup>6</sup>In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. <sup>7</sup>These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. <sup>8</sup>**Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy,** <sup>9</sup>**for you are receiving the end result of your faith, the salvation of your souls.** (NIV)

Hebrews 12:1–3

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, <sup>2</sup> fixing our eyes on Jesus, the pioneer and perfecter of faith. **For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.**

<sup>3</sup> Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. (NIV)

**2. Complete \_\_\_\_\_ to God's will**

Galatians 5:24

<sup>24</sup> Those who belong to Christ Jesus have crucified the flesh with its passions and desires. (NIV)

- Takes the pressure off of control
- Takes the pressure off of the outcome
- Takes the pressure off of our own will power.

**3. By trusting God's \_\_\_\_\_**

Psalms 4:1–8 (NIV)

<sup>1</sup> Answer me when I call to you, my righteous God.

Give me relief from my distress; have mercy on me and hear my prayer.

<sup>2</sup> How long will you people turn my glory into shame?

How long will you love delusions and seek false gods?

<sup>3</sup> Know that the LORD has set apart his faithful servant for himself; the LORD hears when I call to him.

<sup>4</sup> Tremble and do not sin; when you are on your beds, search your hearts and be silent.

<sup>5</sup> Offer the sacrifices of the righteous and trust in the LORD.

<sup>6</sup> Many, LORD, are asking, "Who will bring us prosperity?"

Let the light of your face shine on us. <sup>7</sup> Fill my heart with joy when their grain and new wine abound.

<sup>8</sup> In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.

**4. By knowing God is developing \_\_\_\_\_**

James 1:2–4

<sup>2</sup> Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, <sup>3</sup> because you know that the testing of your faith produces perseverance. <sup>4</sup> Let perseverance finish its work so that you may be mature and complete, not lacking anything. (NIV)

**5. By spending time in God's \_\_\_\_\_**

Psalms 16:11 (NIV)

<sup>11</sup> You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

**Big Question:**

**Why would joy be the actualization of freedom? When have you experienced this kind of Joy?**

## PEACE

### Personal Statement:

I express peace through the working of the Holy Spirit because I know that I am in the right relationship with Christ, others, and myself.

Philippians 4:4-7

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. **And the peace of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

### Galatians 5:22

<sup>22</sup> But the fruit of the Spirit is love, joy, **peace**, (NIV)

Peace = Eriēnē – A state of being – calm – reconciled

### Big Question:

**What are some peace busters?**

#### 1. Acts of the \_\_\_\_\_

Galatians 5:19–21 (NIV)

<sup>19</sup> **The acts of the flesh** are obvious: sexual immorality, impurity and debauchery; <sup>20</sup> idolatry and witchcraft; **hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions** <sup>21</sup> **and envy**; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

- Acts of the flesh cause chaos
- Acts of the flesh create tension.

### Big Question:

**What does peace look like?**

#### 2. \_\_\_\_\_

Romans 5:1-2

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, 2 through whom we have gained access by faith into this grace in which we now stand. NIV

Colossians 1:18-20

19 For God was pleased to have all his fullness dwell in him, 20 and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross. NIV

- Peace means we are in right relationship with Jesus.
- Peace means the price was paid to cover the sins that separated.

#### 3. \_\_\_\_\_

Romans 12:14–18

<sup>14</sup> Bless those who persecute you; bless and do not curse. <sup>15</sup> Rejoice with those who rejoice; mourn with those who mourn. <sup>16</sup> Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

<sup>17</sup> Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. <sup>18</sup> If it is possible, as far as it depends on you, live at peace with everyone. (NIV)

- Peace is living in harmony
- Peace is an effort to make it about others rather than ourselves.

**Big Question:**

**How does the Spirit provide peace?**

**1. Prayer:**

Philippians 4:4–7

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (NIV)

**2. Presence**

John 16:33 (NIV)

<sup>33</sup> **“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”**

**Big Question:**

**When have you experienced a peace that passed understanding?**

**Conclusion:**

**JOY**

**Joy is the spirit giving us an eternal perspective.**

**Joy will come as we surrender to God’s will.**

**Joy will be evident when we trust God’s intended outcome.**

**Joy will come when we know God is developing character.**

**Joy will come when we spend time in God’s presence.**

**PEACE**

**Peace will come when we understand our position in Christ.**

**Peace will come when our relationships are right.**

**Peace can be found in prayer.**

**Peace can be found in God’s presence.**