

10 -WEEK STUDY

ON THE FRUIT OF THE SPIRIT

WEEK 3
GALATIANS 5:22-23
Philippians 4:4



**FRESHLY
SQUEEZED**

WEEKLY READING

Primary text from this week: Galatians 5:22-23

Secondary text from this week: Philippians 4:4, Luke 10:20

GETTING STARTED

Goals for this session: To understand what the Apostle Paul's circumstances can teach us about joy

Missed the sermon? Watch it at www.youtube.com/venturamissionary

Break the Ice: What is your favorite outdoor activity and why?

DISCUSSION QUESTIONS

1. What was one thing that resonated with you as you listened to Pastor Doug's message?
2. Does it seem strange that the Bible would command us to rejoice? Does it seem like joy is a hard emotion to control? Explain.
3. Pastor Doug talked about Paul's circumstances when he wrote **Philippians 4:4**. How does understanding that Paul was under house arrest in a small, one-room apartment for two years help you appreciate his command in verse 4?
4. Read **2 Corinthians 1:8-9**. How do you think it's possible for someone who had been through so much to champion the importance of rejoicing as Paul did in the letter to the Philippians?
5. Skim through **Philippians 1-4**. How many times does Paul use the word "joy" or "rejoice?" Paul didn't just experience hardship in the past; he was in the middle of difficult circumstances when he wrote about joy. During the difficulties caused by our current pandemic, what is being squeezed out of you?
6. Pastor Doug said that we should locate our joy in something permanent, not something transient. What do you think he meant by that? What are some practical ways to do that?
7. If joy is a Fruit of the Spirit, and the Spirit of God is producing joy in us, why do you think we are commanded to rejoice? Shouldn't we just sit back and let God produce it in us?



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PRAY

Pray for each other: Pray that God would fill each group member with a deep, inward, permanent joy.

Pray on your own: Ask God to help you focus your attention on the reality of your salvation, rather than the difficulty of your circumstances.

ACTION STEPS

Go to **venturamissionary.com** and take advantage of the daily and weekly resources.

Read and reflect on **Romans 5:1-8** every morning this week. Allow the reality of your eternal salvation to fill you with joy before the circumstances of your day try to suck the joy out of you.

NOTES

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