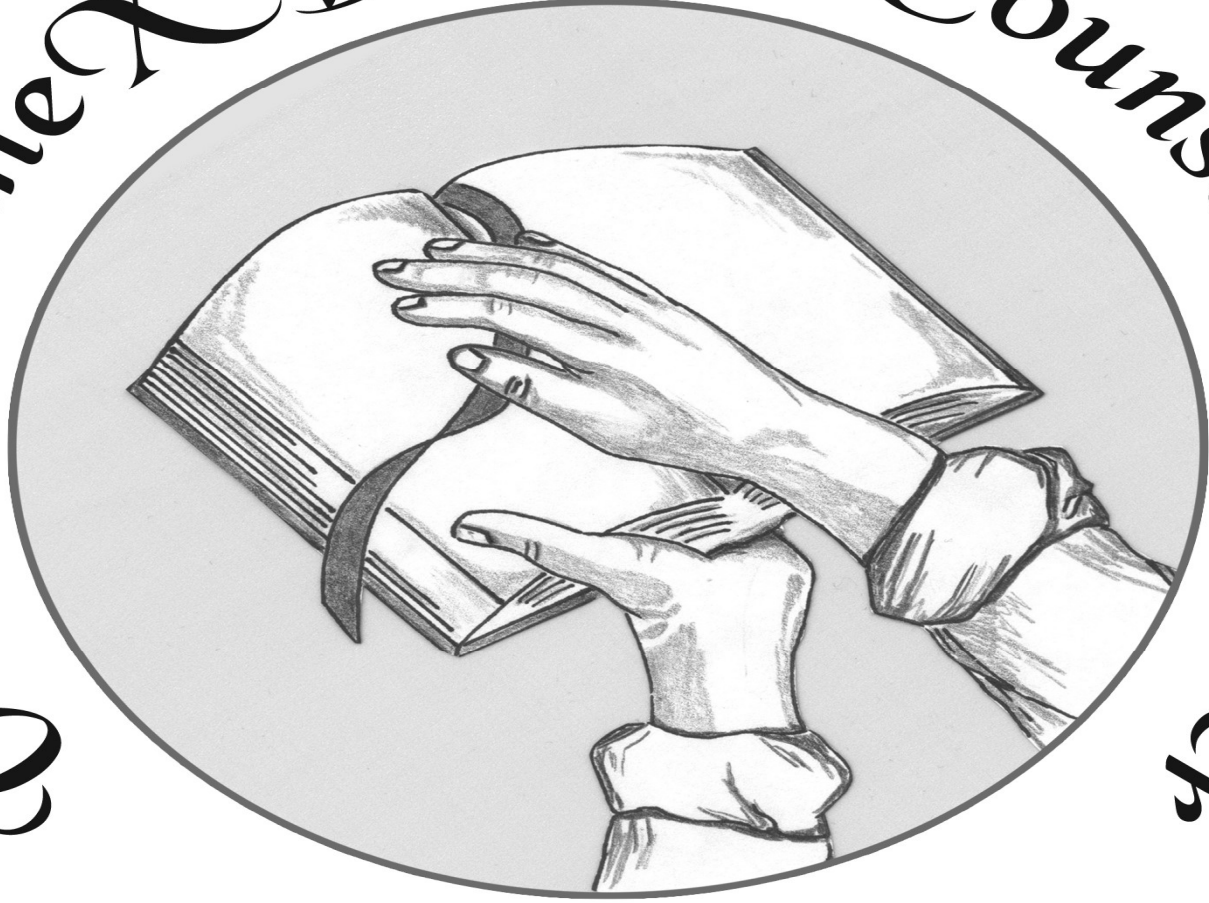


*Valley Connect Biblical Counseling Center*





***The Fruit of the Spirit in  
Biblical Counseling: Joy***

# The fruit of the Spirit

- <sup>16</sup> But I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. <sup>18</sup> But if you are led by the Spirit, you are not under the law. <sup>19</sup> Now the works of the flesh are evident: sexual immorality, impurity, sensuality, <sup>20</sup> idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, <sup>21</sup> envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. <sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control; against such things there is no law. <sup>24</sup> And those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> If we live by the Spirit, let us also keep in step with the Spirit. Galatians 5:16-25 (ESV)

# Observations

- We have two options:
  - Walk in the Spirit with the result that the fruit of the Spirit will form and grow in us.
  - Gratify the desires of the flesh with the resulting sinful behavior.
- Gratifying the desires of the flesh produces a chaotic and destructive array of behaviors and consequences.
- Walking in the Spirit forms a unified and ordered life portraying the character of Christ.

## Understanding joy (χαρά) from a biblical perspective.

- A deep, abiding assurance of well-being.
- “What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?” (Romans 8:31–32, ESV)

## Salvation is the source of joy.

- *“Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God’s power are being guarded through faith for a salvation ready to be revealed in the last time. In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ. Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls.” (1 Peter 1:3–9, ESV)*

The fruit of the Spirit formed as we walk in the Spirit preserves joy.

- *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”* (Galatians 5:22–23, ESV)
- *“So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you.”* (John 16:22, ESV)

# Understanding joy (χαρά) from a biblical perspective.

- The paradox of joy protects us from despair
  - *“Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.””* (Matthew 26:38, ESV)
  - *“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”* (Hebrews 12:1–2, ESV)

# Understanding joy (χαρά) from a biblical perspective.

- The paradox of joy protects us from despair
  - *“I am speaking the truth in Christ—I am not lying; my conscience bears me witness in the Holy Spirit— that I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my brothers, my kinsmen according to the flesh.”* (Romans 9:1–3, ESV)
  - *Rejoice in the Lord always; again I will say, rejoice.”* (Philippians 4:4, ESV)
  - *“as sorrowful, yet always rejoicing; as poor, (2 Corinthians 6:10a, ESV)*

# Understanding joy (χαρά) from a biblical perspective.

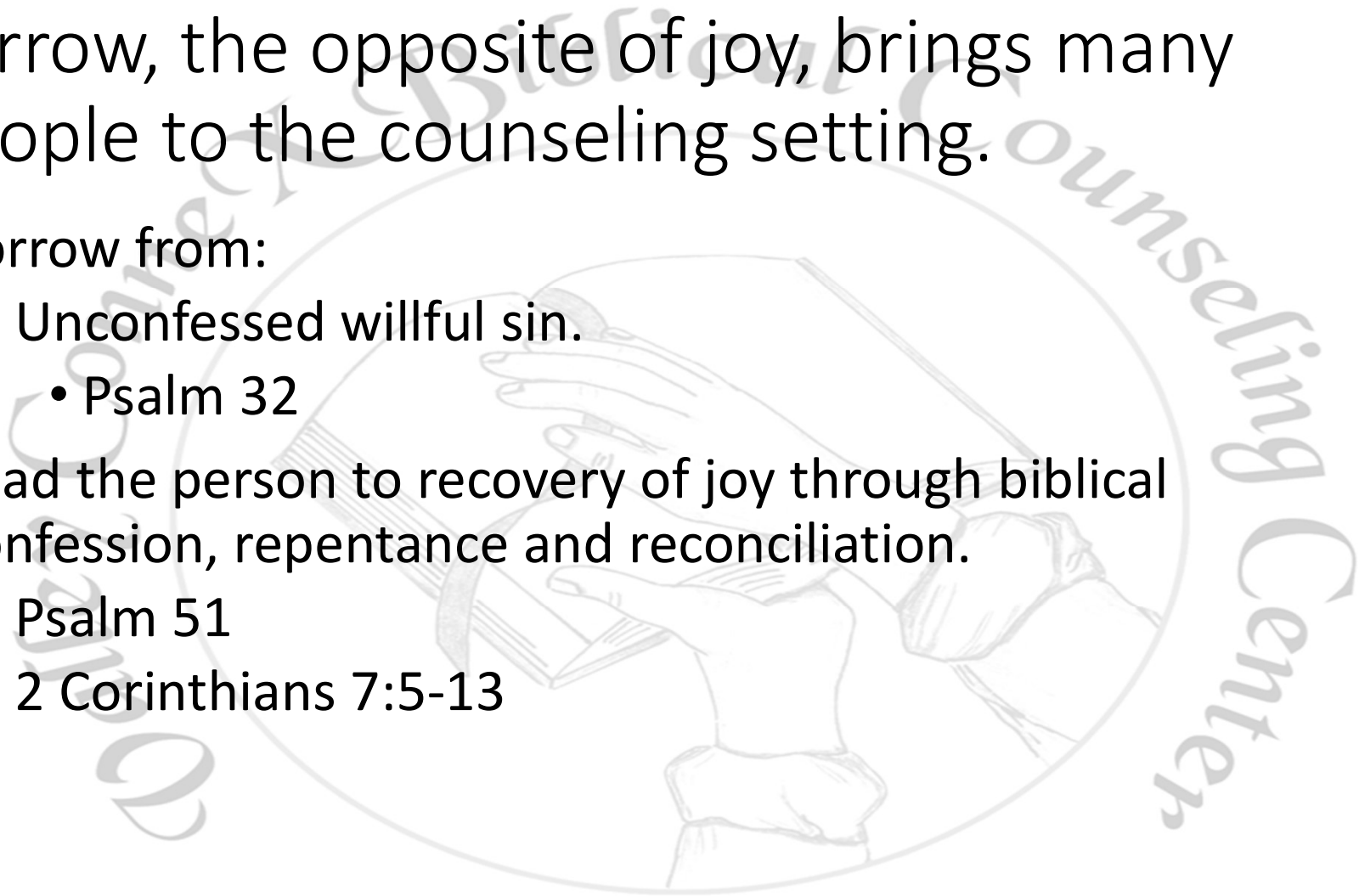
- The paradox of joy protects us from despair
  - “I am acting with great boldness toward you; I have great pride in you; I am filled with comfort. In all our affliction, I am overflowing with joy.” (2 Corinthians 7:4, ESV)
  - *“Rejoice with those who rejoice, weep with those who weep.”* (Romans 12:15, ESV)

The biblical counselor engages the counseling setting from the solid stance of that deep abiding assurance of well-being produced by the Holy Spirit

- *“And the disciples were filled with joy and with the Holy Spirit.”* (Acts 13:52, ESV)
- *“For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.”* (Romans 14:17, ESV)
- *“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”* (Romans 15:13, ESV)
- *“And you became imitators of us and of the Lord, for you received the word in much affliction, with the joy of the Holy Spirit,”* (1 Thessalonians 1:6, ESV)

Sorrow, the opposite of joy, brings many people to the counseling setting.

- Sorrow from:
  - Unconfessed willful sin.
    - Psalm 32
- Lead the person to recovery of joy through biblical confession, repentance and reconciliation.
  - Psalm 51
  - 2 Corinthians 7:5-13



Sorrow, the opposite of joy, brings many people to the counseling setting.

- Sorrow from:
  - Traumatic and confusing life experience
    - John 16:6,16-22
    - Jeremiah 8:18 (ESV)
- Lead the person to recovery of joy through a focus of God's plan and provision.
  - John 16:4-15, 22-33
- Help them understand how God uses these times to grow us spiritually.
  - James 1:3-12

We have the ability to enhance the joy of those around us.

- As counselors, we experience joy as those we counsel embrace God's Word and experience His work in their lives.
  - *"I have no greater joy than to hear that my children are walking in the truth."* (3 John 4, ESV)
  - *"For what is our hope or joy or crown of boasting before our Lord Jesus at his coming? Is it not you? For you are our glory and joy."* (1 Thessalonians 2:19–20, ESV)
- We can experience joy through the ministry of others.
  - *"For I have derived much joy and comfort from your love, my brother, because the hearts of the saints have been refreshed through you."* (Philemon 7, ESV)