

JOY is a Choice—Not a Feeling
Gracefruit: Jesus Living in Me—Part 2
Galatians 5:22-23
May 24, 2026

Fruit is the _____ expression of the _____ nature.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

--Galatians 5:22-23 (NIV)

In this message I want to talk about what joy is; then where you find joy; and then how you express joy:

I. Joy is a _____ in every _____ of life

“Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance.”

--James 1:2-3 (NIV)

II. Joy is a choice to allow Jesus to _____

“I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!”--John 15:11 (NLT)

III. Joy is expressed by _____

“Remember the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’” (Acts 20:35)

Here are four ways to express the Joy of Jesus:

1. Give thanks in _____ situation

“Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”--1 Thessalonians 5:16-18 (NIV)

2. Give away your _____

3. Give yourself in _____

How about this acronym for JOY:

J _____ first

O _____ second

Y _____ last.

“Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”

--Hebrews 12:2 (NIV)

4. Give _____ to those who need it

“There is rejoicing in the presence of the angels of God over one sinner who repents.”--Luke 15:10 (NIV)

“Be joyful always.”--1 Thessalonians 5:16 (NIV)

“Rejoice in the Lord, always. I will say it again: Rejoice!”

--1 Thessalonians 5:16 (NIV)