

## WHAT ARE THE FRUITS OF THE SPIRIT ANYWAY?

- "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." Galations 5:22-23
- These qualities come from God, specifically the Holy Spirit. If we want to grow in one of these areas, we need to ask God for help!

### TODAY'S LESSON



#### How much joy do you feel today on a scale of 1-10?

# WHERE DO YOU FIND JOY?







# WHAT DOES THE BIBLE SAY?

- "Do not be grieved, for the joy of the LORD is your strength." Nehemiah 8:10
- You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore. Psalm 16:11
- Be joyful in hope, patient in affliction, faithful in prayer." Romans 12:12

### HOW CAN I EXPERIENCE MORE JOY?



### SHORT VIDEO



https://youtu.be/4uNQnvaGrxQ