

Gal. 5:22-23 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.

Mt. 7:16b-18 Do people pick grapes from thornbushes, or figs from thistles? Likewise every good tree bears good fruit, but a bad tree bears bad fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, by their fruit you will recognize them.

Mt. 12:34b [Jesus speaking] For out of the overflow of the heart the mouth speaks.

1. joy

QUOTE When the day of their execution arrived, the Christians marched in procession from the prison to the arena as if they were marching to heaven, with joyous countenances accented by gladness rather than fear. - This account is usually attributed to Tertullian.

1Th. 5:16 Be joyful always;

Ro. 14:17 For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,

Pp. 4:4 Rejoice in the Lord always. I will say it again: Rejoice!

Jas. 1:2 Consider it pure joy, my brothers, whenever you face trials of many kinds,

Mt. 5:11-12 [Jesus speaking] Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Hab. 3:17-18 Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the LORD, I will be joyful in God my Savior.

Mt. 6:22-23 [Jesus speaking] "The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

QUOTE If you're a believer in the Lord Jesus Christ, you and I can be joyful because we have eternal life. You and I can be joyful because the God of the universe loves us with an everlasting and an undying love. You and I can rejoice because our names are written in the Lamb's Book of Life. You and I can rejoice because we have an inheritance that can never perish, spoil, or fade, kept in heaven for us who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed. If you're a believer in the Lord Jesus Christ, you can rejoice because on your very worst, most horrible day, you're still far, far better off than the richest, most pampered unsaved person on the planet – it's just a matter of time until your true destinies will be revealed. Rejoice, my brother. Rejoice, my sister. God's got your life in the palm of his hand. The question of joy is, "**Where is your eyesight?**" The question of joy is, "What are you focusing on?" If you're focusing on God and the wonderful things he's doing, you'll have joy.

Lk. 10:20 [Jesus speaking to his disciples] However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.”

Heb. 12:2 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.

1Pt. 4:13 But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

Ro. 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

2Co. 4:17-18 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

2Co. 12:9-10 So that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

HEMP The hemp plant has for years been used to make strong ropes. An experiment was performed by removing hemp plants from their rugged and severe environments and planting them in favorable conditions. The experiment failed. In order to become strong, the hemp needed the adversity of a harsh climate.

Jas. 1:2-4 Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.

Ro. 5:3-5 Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

QUOTE We have a choice. We can either focus on what **man** is doing **to** us **in** our circumstances, or we can focus on what **God** is doing **for** us **through** those circumstances. If we focus on what man is doing to us, we will be discouraged or depressed. If we focus on what God is doing for us, we will have joy. The choice is ours.

Heb. 1:9 You have loved righteousness and hated wickedness; therefore God, your God, has set you above your companions by anointing you with the oil of joy.”

QUOTE Have you ever noticed that murderers don't smile a lot? ...that robbers don't laugh much? ...that extortionists aren't all that happy? If we love righteousness and hate wickedness, and because of our love for the one and hatred for the other we discipline our lives to do what is right, as a result of doing what is good and right we will have a measure of joy.

Neh. 8:10b ...for the joy of the LORD is your strength.”

Pr. 17:22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.

2. peace

Ro. 15:33 The God of peace be with you all. Amen.

Rev. 4:6a Also before the throne there was what looked like a sea of glass, clear as crystal.

Ro. 8:6 The mind of sinful man is death, but the mind controlled by the Spirit is life and peace;

Col. 3:15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

Is. 53:5 But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.

Jn. 16:33 [Jesus speaking] "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.

Jn. 14:27 [Jesus speaking] Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Pp. 4:6-7 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.

Ps. 3:6 I will not fear the tens of thousands drawn up against me on every side.

Is. 26:3 You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

Ro. 15:13 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.

QUOTE God is not worried, fretting, anxious, or upset. Jesus is the Prince of Peace (Isaiah 9:6). If we are worried, fretting, anxious, or upset we are not as connected to God as we should be.

STORY There's a story about a man who goes on a hike in the mountains, far away from civilization. He loses his balance, starts falling off the edge of the cliff he's on, but manages to grab onto a vine. Hanging on the edge of the cliff and desperately clinging onto the vine he yells, "Is there anyone up there who can help me?" A voice responds, "I am the Lord. I can help you." The man says, "Save me, Lord. If I fall off this cliff, I'll die." The voice responds, "Let go of the vine." The man says, "I can't do that. I'll fall to my death." The voice says, "Trust me." The man hesitates, then he says, "Is there anyone else up there who can help me?"

Mt. 5:9 [Jesus speaking] Blessed are the peacemakers, for they will be called sons of God.

Mt. 6:25-34 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

“And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Ro. 12:18 If it is possible, as far as it depends on you, live at peace with everyone.

Ps. 37:1 Do not fret because of evil men or be envious of those who do wrong;

Heb. 12:11 No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

Ro. 14:17 For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,

3. *patience*

QUOTE Patience has ***nothing*** to do with how long you wait. You can wait a long time patiently, or you can wait a long time impatiently. You can wait a short time patiently, or you can wait a short time impatiently. Patience has absolutely nothing to do with how long you wait; it has everything to do with your attitude while you're waiting.

Pp. 2:14 Do everything without complaining or arguing,

Pr. 20:22 Do not say, “I’ll pay you back for this wrong!” Wait for the LORD, and he will deliver you.

Pp. 4:11-13 [the apostle Paul writes] I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.

Ecc. 3:1 There is a time for everything, and a season for every activity under heaven:

Ecc. 3:11 He [God] has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end.

Ps. 27:14 Wait for the LORD; be strong and take heart and wait for the LORD.

Is. 30:18 Yet the LORD longs to be gracious to you; he rises to show you compassion. For the LORD is a God of justice. Blessed are all who wait for him!

2Pt. 3:9 The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance.

Ro. 2:4 Or do you show contempt for the riches of his kindness, tolerance and patience, not realizing that God's kindness leads you toward repentance?

1Ti. 1:16 But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his unlimited patience as an example for those who would believe on him and receive eternal life.

Pr. 14:29 A patient man has great understanding, but a quick-tempered man displays folly.

Pr. 15:18 A hot-tempered man stirs up dissension, but a patient man calms a quarrel.

Pr. 16:32 Better a patient man than a warrior, a man who controls his temper than one who takes a city.

Pr. 25:15 Through patience a ruler can be persuaded, and a gentle tongue can break a bone.

Heb. 6:12 We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.

Ps. 37:7 Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.

Ps. 40:1 I waited patiently for the LORD; he turned to me and heard my cry.

Eph. 4:2 Be completely humble and gentle; be patient, bearing with one another in love.

Ro. 12:12 Be joyful in hope, patient in affliction, faithful in prayer.

1Th. 5:14 And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone.