



THE
FRUIT
OF THE
SPIRIT

GALATIANS 5

Life cannot have any other purpose than joy and goodness. Only this purpose - joy - is ultimately worthy of life.

Leo Tolstoy

JOY & CHILDREN

A CULTURE OF DESPAIR

Despair:

the complete loss or absence of hope

Frustrated Desires

An enormous part of my generation, and the generation right after mine, is...extremely sad, which when you think about the material comforts and the political freedoms we enjoy is just strange.

David Foster Wallace

In the torment of everything attainable we come to understand that here, in this life, all symphonies remain unfinished.

Karl Rahner

Trauma

Despite the “apathetic” and “entitled” labels so often hurled at twenty-somethings, this is a generation fully aware of the suffering of others all over the world. They’re so steeped in it, it’s more apt to say they don’t know anything else. Traumatized and numbed, maybe, unaware of anything else, perhaps—but this generation is not apathetic...Twenty-somethings often battle mightily with the discomfort and confusion of life, while rolling their eyes at their own “First-World problems.” They can’t reconcile their own dis-ease with the fact that others are less fortunate than they are, so they shove the confusion and sadness away.

When it shows up again, they distract themselves, or drink. They often only arrive at therapy after a series of physical ailments (the emotion has to go somewhere), or professional and social catastrophes bring them to their knees. Their spirits are often buried under years of sediment: defenses and false selves used to guard against the expectations, judgments, and condescension from peers, parents, bosses, and even articles on unflattering characteristics of “the Millennial Generation.”

Satya Byock

Despair is the death of our sense of surprise, the belief that nothing new can happen to us. We despair at the precise moment when, consciously or unconsciously, we say in resignation: 'That is the way I am, that is the way things have always been for me, and that is the way it will always be. For me, it's too late!' Once this has been said, we are in a tomb. Much of us is dead, and more of us is still dying. Why is this kind of despair so dangerous?

Satya Byock

Because the resurrection is always, as it was the first time, a surprise - the totally unexpected, the impossible, and that which defies all logic, laws of nature, and the wisdom of common sense and convention. When we have every angle of reality so calculated and figured that we know all the possibilities, then nothing new can come along to surprise us. Sadly, our prophecy will be self-fulfilling because we have ceased believing in God and grace in a real sense. We have slimmed down God and grace to fit our own small minds. We live not merely in despair, but also in mediocrity.

Ronald Rolheiser

Second Naïveté

JOY IN A CULTURE OF DESPAIR

Charis

Joy is not a passing sensation of pleasure, but a pervasive sense of well-being that is infused with hope because of the goodness of God.

Dallas Willard

**Christian joy is a good feeling in the soul,
produced by the Holy Spirit, as he causes us to
see the beauty of Christ in the word and in the
world.**

John Piper

JESUS & JOY

And the disciples were filled with joy and the Holy Spirit.

Acts 13:52

Good things as well as bad, you know, are caught by a kind of infection. If you want to get warm you must stand near the fire: if you want to be wet you must get into the water. If you want joy, power, peace, eternal life, you must get close to, or even into, the thing that has them. They are not a sort of prizes which God could, if He chose, just hand out to anyone. They are a great fountain of energy and beauty spurting up at the very centre of reality. If you are close to it, the spray will wet you: if you are not, you will remain dry.

CS Lewis

Praise the God and Father of our Lord Jesus Christ.

According to His great mercy, He has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead and into an inheritance that is imperishable, uncorrupted, and unfading, kept in heaven for you. You are being protected by God's power through faith for a salvation that is ready to be revealed in the last time. You rejoice in this, though now for a short time you have had to struggle in various trials so that the genuineness of your faith—more valuable than gold, which perishes though refined by fire—may result in praise, glory, and honor at the revelation of Jesus Christ. You love Him, though you have not seen Him. And though not seeing Him now, you believe in Him and rejoice with inexpressible and glorious joy, because you are receiving the goal of your faith, the salvation of your souls.

1 Peter 1:3-9

Grieving yet always rejoicing...

2 Corinthians 6:10

CULTIVATING JOY

Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every weight and the sin that so easily ensnares us. Let us run with endurance the race that lies before us, keeping our eyes on Jesus, the source and perfecter of our faith, who for the joy that lay before Him endured a cross and despised the shame and has sat down at the right hand of God's throne.

Hebrews 12:1-2

**Set the joy of God's presence
& power before you**

For the kingdom of God is not eating and drinking, but righteousness, peace, and joy in the Holy Spirit...Now may the God of hope fill you with all joy and peace as you believe in Him so that you may overflow with hope by the power of the Holy Spirit.

Romans 14:17; 15:13

Meditation

Gratitude

Confession & Repentance

Singing

Dancing

Praising

Lamenting

**Set the joy of God's people
before you**

Then he said to them, “Go your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the joy of the LORD is your strength.

Nehemiah 8:10

Meditation

Gratitude

Confession & Repentance

Healing

Feasting