

FREE AT LAST! THE MESSAGE OF GALATIANS
March 4, 2010

The Fruitful Gospel: Joy – Galatians 5:16-26

5:16-26 I. The Christian life is life in the Spirit.

“So I say, live by the Spirit...”

“But if you are led by the Spirit...”

“Since we live by the Spirit, let us keep in step with the Spirit.”

cf. John 7:37-39; Acts 1:6, 8; 2:4; 4:8, 31; 6:3, 5; 7:55; 8:29; 9:17; 10:38, 44;
11:24; 13:9; 19:6

:22 II. Life in the Spirit produces joy.

“But the fruit of the Spirit is...joy...”

A. Our joy is evident.

“...the fruit...”

1. In our daily walk

cf. Phil. 4:4; Rom. 15:13; John 15:11; 16:24

“Seek to cultivate a buoyant, joyous sense of the crowded kindnesses of God in your daily life.” - Alexander MacLaren

2. In our worship

cf. Psa. 27:6; 28:7; 33:3; 47:1, 5; 65:8, 13; 66:1; 67:4; 92:4; 95:1; 96:12;
98:4, 6, 8; 100:1; 132:9, 16

3. In our suffering

cf. Rom. 5:3-5; 8:18; I Pet. 1:7-9; James 1:2-4; Heb. 12:2

4. In our persecution

cf. Matt. 5:12

B. Our joy is profound.

“...of the Spirit...”

cf. John 15:11

1. Our joy is not just worldly happiness.

cf. Matt. 13:20, 21; Psa. 4:7

“To get up each morning with the resolve to be happy...is to set our own conditions to the events of each day. To do this is to condition circumstances instead of being conditioned by them.” - Ralph Waldo Emerson

“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.” -Buddha

“This is the true joy of life, the being used up for a purpose recognized by yourself as a mighty one; being a force of nature instead of a feverish, selfish little clot of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do for it what I can.” - George Bernard Shaw

“True happiness is not attained through self-gratification, but through fidelity to a worthy purpose.” - Helen Keller

“The happiness that is genuinely satisfying is accompanied by the fullest exercise of our faculties and the fullest realization of the world in which we live.” - Bertrand Russell

“Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.” - Franklin D. Roosevelt

“Things that do enable happiness:

Fit and healthy bodies,
Realistic goals and expectations,
Positive self-esteem,
Feelings of control,
Optimism,
Outgoingness,
Supportive friendships that enable companionship and confiding,
A socially intimate, sexually warm, equitable marriage,
Challenging work and active leisure, punctuated by adequate rest and retreat,
A faith that entails communal support, purpose, acceptance, outward focus, and hope.”
- David G. Myers, *The Pursuit of Happiness*

2. Our joy is rooted in God’s joy.

“There is a joy which is not given to the ungodly, but to those who love Thee for Thine own sake, whose joy Thou Thyself art. And this is the happy life, to rejoice to Thee, of Thee, for Thee; this it is, and there is no other.” - Augustine

a. He delights in Creation.

cf. Gen. 1:31-2:3; Psa. 104:31

b. He delights in our salvation.

cf. Luke 10:17-24; Isa. 62:5; Zeph. 3:17

“The religion of Christ is the religion of JOY. Christ came to take away our sins, to roll off our curse, to unbind our chains, to open our prison-house, to cancel our debt; in a word, to give us the oil of joy for mourning, the garment of praise for the spirit of heaviness. Is not this joy? Where can we find a joy so real, so deep, so pure, so lasting? There is every element of joy - deep, ecstatic, satisfying, sanctifying joy - in the gospel of Christ. The believer in Jesus is essentially a happy man. The child of God is, from necessity, a joyful man. His sins are forgiven, his soul is justified, his person is adopted, his trials are blessings, his conflicts are victories, his death is immortality, his future is a heaven of inconceivable, unthought-of, untold, and endless blessedness. With such a God, such a Saviour, and such a hope, is he not, ought he not, to be a joyful man?” - Octavius Winslow

c. We delight in Him.

cf. Deut. 16:13-17; Isa. 58:13, 14; Neh. 8:10; Luke 15:6, 9, 31, 32; Rev. 19:6-9; WSC #1