

## Joy & Peace



Galatians 5:22-23, BSB

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, and self-control. Against such things there is no law.



### Joy

Joy, as one of the many aspects of the fruit of the Spirit, goes beyond mere happiness rooted in temporal circumstances. It signifies a deep-seated gladness and contentment that transcends external situations. This joy is anchored in the believer's relationship with God and finds expression regardless of life's challenges or adversities.

### Peace

Similarly, peace, as an element of the singular fruit of the Spirit, extends beyond the absence of conflict or turmoil. It encompasses a profound sense of inner tranquillity and harmony that originates from reconciliation with God. This peace guards the believer's heart and mind, shielding them from anxiety and fear.

- a. How does this joy manifest in our life, especially in challenging circumstances?
- b. In what ways do we experience this 'fruit peace'?
- c. How can you cultivate a deeper sense of joy and peace through your relationship with the Holy Spirit?



Thank God for the fruit of the Spirit.  
Explore in prayer how the fruit of 'joy and peace' can grow more in your heart (life).