

**Bite-Sized,
No. 03**

**A Fruit of
the Spirit**

Joy

Joy in our lives is a fruit of Jesus' Spirit in us. Just as Jesus has promised to never leave nor forsake you, His joy is something that is yours forever.

Memorize it:

This is the day the LORD has made; let us rejoice and be glad in it (Psalm 118:24 NIV).

I have told you this so that my joy may be in you and that your joy may be complete (John 15:11 NIV).



The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22–23 NIV).

Action:

Find some promises in the Bible that you would like to claim for yourself. Write them in your journal under the heading "My Reasons for Joy." Next time you're feeling sad, anxious, or discontent, refer to this list and spend some time pondering your reasons for joy. list 10 accounts! Make note of these in your journal.

Read the full article,
**"Power-Up Devotional #5:
Spirit Fruit: Joy."**

