



Fruit of the Spirit



High Meadow Ranch Men's Bible Study (Fall 2025 Series) Lesson #2 – The Element of Joy

Main Idea

Over the next nine weeks we are going to become intimately familiar with the fruit of the spirit, the elements of which are listed below. This week we'll be discussing the second element, joy.

Love
Joy
Peace

Patience
Kindness
Goodness

Faithfulness
Gentleness
Self-Control

The Webster Dictionary defines joy as,

- 1a: the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires : delight
- b: the expression or exhibition of such emotion : gaiety
- 2: a state of happiness or felicity : bliss
- 3: a source or cause of delight

From a Biblical standpoint, joy is defined as a deep-seated sense of well-being, contentment, and peace that arises from a relationship with God, rather than being dependent on external circumstances. It's not a fleeting emotional response as happiness can sometimes be, but rather an enduring state of being, often connected with faith, hope, and a focus on God's promises. Joy is seen as a fruit of the Holy Spirit and a choice that only Believers can truly cultivate and demonstrate to the outside world. Like love, joy is contagious and is a powerful force for impacting the world around us. Who doesn't like being around someone who is full of joy?!

Questions for Consideration

1. Have you ever been around someone who always seems to be full of joy? In thinking about their lives, how would you describe them and what factors seem to contribute to their joy?
2. Make a list of all the factors, contributors, or reasons, either we or others do not experience joy?
3. In both the John 15 and 16 passages provided on the following page Jesus makes the statement that our joy may be complete. What is meant by the concept of completeness?
4. The concept of joy seems to transcend, or move beyond, our daily circumstances. Which Bible passages provided on the following page speak to this idea?



But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.

Galatians 5:22-23

I have told you this so that my joy may be in you and that your joy may be complete.

John 15:11

Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

John 16:24

Be joyful in hope, patient in affliction, faithful in prayer.

Romans 12:12

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.

1 Peter 1:8-9

You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

Psalms 16:11

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.

Habakkuk 3:17-18

