

Fruit of the Spirit – Worksheet #2 Joy and Peace

Joy:

- 1) What is Joy?
- 2) What is the difference between Happiness and Joy?
- 3) How can we maintain our Joy in times of trial and suffering?
- 4) Psalm 9:1-2: Why does recounting to others how God has worked bring us genuine joy?
- 5) Luke 10:17-20: Why is it important to know where our names are written?
- 6) Luke 15:4-10: Why do you think Jesus links repentance with joy?
- 7) I Thessalonians 1:4-6: Who is the source of our joy?
- 8) The writers of the New Testament often link joy to persecution and trials.

 According to the following passages, how can we maintain a spirit of joy during difficult times

James 1:2-4-

1 Peter 4:12-14-

9) You have discovered many reasons to be a joyful believer, yet you may still find yourself getting spiritually down, even depressed. According to the following passages, what did the psalmists do to recapture and maintain joy? Psalm 16:8-9, 11-

Psalm 28:7-

Psalm 51:8-13-

- 10) Am I experiencing a joy of life on a regular basis, or is my happiness dependent on things going smoothly in my day?
- 11) How can we nurture and grow our Joy?



Peace:

Scripture Reference: Please read Galatians 5:22-23; John 14:27, 16:33; Romans 5:1, 8:6, 12:18, 15:13, 15:33; Philippians 4:4-7, 4:9; 2 Corinthians 1:2, 13:11; Ephesians 2:14, 4:2-3; Colossians 3:15; 2 Thessalonians 3:16; Hebrews 12:14; 2 John 1:3

- 1) How would you define Peace?
- 2) How do I exhibit Peace in my daily life?
- 3) When have you been filled with Peace the most?
- 4) What are the things that cause despair for you?
- 5) How does despair counteract Peace?
- 6) What blocks the practice of peace in my life?
- 7) Do you cooperate with Christ as your Lord, to allow His peace to rein in you, if not what is in the way?
- 8) In what situation did you fail to have Peace in which you should have?
- 9) What issue is in your life that would improve with more Peace?
- 10) What does it mean to have peace with God (See Romans 5:1)?
- 11) Why is it important to have peace with God before you can find peac any other relationship or situation?
- 12) Why do we tend to believe the negative more easily than the positive? What does Isaiah 26:3 say that can help us maintain the right perspective?
- 13) What does it mean to have peace with others? What is our responsibility in being a peacemaker?
- 14) Jesus promises peace in John 14:27 and 16:33 for his disciples. What do we learn about peace from Jesus' words?
- 15) Do I find myself frazzled by the crashing waves of turmoil in my life, or am I experiencing "the peace that passes all comprehension" (Philippians 4:6-7 N)?

