

When Hearts Collide Part 1: Joy

Remember, small groups are primarily for growing closer relationships with other believers. We can learn wonderful things in this environment but keep relationships first.

- **When Hearts Collide**
- Isn't it interesting that many of the commandments of God are heart commandments rather than action commandments?
 - o Do not covet, love your neighbor, have faith, etc.
- The Spirit of the Law vs the Letter of the Law
 - o The Letter of the Law we learn.
 - o The Spirit of the Law we receive.
- Receive: **Romans 8:15, 2 Timothy 1:7, 1 Corinthians 2:12, Acts 8:14-20, Acts 2:36-39, etc.**
 - o The idea is divine impartation rather than mere self-discipline.
 - o This is where true freedom comes from.
 - Rather than perpetually fighting the urge to sin, our urges change and become Godly!!
 - Hey, it's a process!! Self-discipline is good!! Stick to it!!
 - o Realize there is more than just an intellectual side to your walk with Christ, there is a spiritual side to it too. Seek and receive!! **Galatians 3:2-3**
- Fruits of the Spirit: **Galatians 5:22-25**
 - o What would your life be like if you fully attained the fruits of the Spirit?
 - What would it be like to be around you?
 - Which of your problems would be solved?
 - o This is abundant life in Christ!!
 - Take this list as a great promise to believe for in this life!!
 - o What is fruit? How is fruit produced?
 - Planting in good soil. Watering. Weeding. Growing. Then fruit.
 - o That's a long process.
- The shortcut to feeling good is the sinful nature: **Galatians 5:19-21**
 - o Many of the things on this list are unhealthy coping mechanisms that just dig us deeper into a hole of misery over time.
- Today's fruit of the Spirit is Joy.
 - o What is joy? One definition of the Greek is "calm delight." This speaks to a secure, lasting, contentment with life.
 - o What is the opposite of joy? Constant discontentment? Despair? Etc.
- How do you get joy?
 - o Two major roads you can go down. The sinful nature vs the Spirit.
 - o From the sinful nature:
 - Video on addiction called "**Nuggets**" by **Andreas Hykade**. (Check it out on YouTube)
 - That is a sinking foundation. God wants to spare us that.
 - o From the Spirit of God:
 - 1) Let me give you permission to have joy.
 - I'm sorry for what you have been through that has stolen your joy.
 - You don't need to feel guilty for being happy (joy) anymore.
 - 2) Know the source. **Romans 15:13**
 - Sin will hurt you. Don't trust in it. Trust in God.
 - Get right with God and rejoice in salvation!
 - Enjoy who you were created to be!
 - 3) Fruit grows over time.
 - This isn't about flying high right now.
 - It's more of walking up a huge staircase...but you stay up.
- Pray for each other before you finish up!