



Christ Church  
Wheelock

St Michaels  
Crewe Green



St Matthews  
Haslington



# Unpacking the Fruits of the Spirit

## #1 Joy Friday 5th June 2020

Join us as Vicar Jane  
Lloyd explores the  
Fruits of the Holy Spirit



### What the Bible says about Joy

**"But the Spirit produces love, joy, peace" (Gal 5.22)**

"and turn their mourning into joy" (Jer 31.13)

"The desert will sing and shout for joy" (Is 35.2)

"and find that he is the source of your joy" (Job 22.26)

"Jesus was filled with joy by the Holy Spirit" (Lk 10.21)

"A place of joy for ever and ever" (Is 60.15)

"but joy comes in the morning" (Ps 30.5)

"joyfully dedicated the Temple" (Ezra 6.16)

"your presence fills me with joy" (Ps 16.11)

"but your commandments bring me joy" (Ps 119.143)

"Let your hope keep you joyful, be patient" (Rom 12.12)

"and the heavenly beings shouted for joy" (Job 38.7)

"And with joy give thanks to the Father" (Col 1.11)

"in order that our joy may be complete" (1 Jn 1.4)

"so that my joy may be in you" (Jn 15.11)

"power and joy fill his Temple" (1 Chr 16.27)

"gather the harvest with joy!" (Ps 126.5)

"Be joyful always" (1 Thes 5.16)

"more joy in heaven over one sinner" (Lk 15.7)

"because of that joy that was waiting for him" (Heb 12.2)

"which will bring great joy to all the people" (Lk 2.10)

"and they made it a joyful day of feasting" (Esth 9.17)

"and joyful before his glorious presence" (Jude .24)

### Vicar Jane reflects on experiences leading to moments of Joy

Chatting around on the phone, it seems to me that many of our moments of joy have come from food! Certainly, at the beginning of lockdown, we were delighted at the caring generosity of family and neighbours. People expressed a real sense of joy in the community that there was around them, and supporting them, and at the food, sometimes even cooked meals, left on their doorsteps.

Perhaps this experience of joy simply falls into the "earthly pleasures" category of joy, but I think there is more to it than this. The generosity and care expressed in the giving of food shows us something of God's generosity, care and provision. Our joy is not just around taste and tummies, but also around knowing we are loved, by our heavenly Father, and by our families and neighbours.

For me, joy is quite a fleeting feeling; it comes upon us, almost unexpectedly and surprises us in the moment. Perhaps it's not as strong as some of the negative feelings we have. It is something that we can't hold onto and so we treasure the moments.

Food has played a part in my joy this lockdown. A lovely delivery of cakes made me dance in the kitchen (there's a sight!). And, also, when I celebrated my birthday with my mum and family, with afternoon tea! It was a simple pleasure, my mum inside, isolating, us outside, (including her grandchildren), and a very plentiful provision of cake and sandwiches. God was with us as we chatted and ate. As we slowed to a halt, cakes left for another day, my mum announce, "I enjoyed that". And I too sensed joy, joy because in the whole occasion we had given something precious to my mum. Joy in a shared experience of love. Oh, yes, joy in full tummies too!!



## A Prayer for Joy

Lord Jesus,

You are our salvation and our **joy**. We thank You for the new life and power that we have through Your death and resurrection because we know that true **joy** can only come by Your Spirit working in us.

**JOY**  
comes when you put  
Jesus first  
Others second  
Yourself last

## Where have you experienced Joy

St Paul  
Music  
Bible study  
contentment  
Surprised by Joy  
Live Stream  
Community  
Speaking to each other  
Baking  
Looking back at memories  
Jesus  
Joy in the face of the difficult times  
Grandchildren  
Love  
Coming together  
Clap for NHS  
Joy  
The journey not the destination  
Cake comes from inside me  
Fellowship  
unplanned  
In Service of others  
Food  
satisfaction  
Sharing Stories  
Care  
Kingdom of Heaven  
worship  
Making memories  
Christmas  
Prayer Room  
God  
Galatians  
Nostalgic  
Laughter

## Famous quotes about Joy

Joy is prayer-  
Joy is strength-Joy is love-  
Joy is a net of love by  
which you can catch souls.  
-Mother Teresa

“...Find out where joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all.”  
- ROBERT LOUIS STEVENSON

Let your joy be in your journey - not in some distant goal  
- Tim Cook, Apple CEO

“Joy is the serious business of heaven.”  
- C.S. Lewis

Joy  
is what happens to us when we allow ourselves to recognize how good things really are.  
-Marianne Williamson

## Carleton reflects on experiences of Joy

### The Joy of Children

I am sure many of us have experienced the great joy that children bring into our lives, grandchildren, nieces, nephews and so on. This week, I caught a glimpse of joy in the face of my 2-year old niece. Sat at a piano pressing the various keys on the piano so they made various sounds, her little head rocking and shaking as if a practiced concert pianist in the middle of an orchestral masterpiece, turning to her Nana saying, “Nanny sing”, her eyes wide and a huge smile, totally captured in her own moment of joy. Not from anything being done or given, just a wonderful moment of contentment making a ‘joyful noise’ with her Nana. A living example of one of Matthew’s Beatitudes, *‘Blessed are the Pure in heart, for they will see God’*

### The Joy of the Journey

*“The joy is in the journey, the struggle is part of the joy and the final destination is not an end but another beginning of another journey.”* – Kathy Boyd Fellure (Author). I reminisce of a story my mum loves to tell of my own childhood. As a child of 2, being taken by my parents away in the caravan. Having decided to set off in the early hours of the morning (2am) with the thought I would sleep for the journey, instead were met with a wide-awake child repeatedly saying, “look at the light” for entire journey, meaning upon arrival I then slept!” Some 38 years later and not much has changed, I still love the journey whether it’s in travelling to new places, learning new things or meeting new people and God along the way.

### The Joy of Serving Others

We have seen so many moments of joy brought about during the lockdown from coming together in new and different ways, I have been struck by how many people have said they speak to each other more now than they did before, and the unsaid sense of joy that has brought. Working in Human Resources I spent a number of years working and recruiting in the public sector. What always stands out is the joy people who work those public sector roles speak of, whether it is police, ambulance, fire, the sense of ‘joy’ and satisfaction that comes from serving others. We have seen it through the last 10 weeks in our front line helping those in our community most vulnerable and unwell. How many of us of experienced a moment of joy knowing we have helped someone else?