Gal. 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Mt. 7:16b-20 Are grapes gathered from thornbushes, or figs from thistles? Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. So then, by their fruit you will recognize them.

Mt. 12:34b [Jesus speaking] For out of the overflow of the heart the mouth speaks.

1. joy

QUOTE When the day of their execution arrived, the Christians marched in procession from the prison to the arena as if they were marching to heaven, with joyous countenances accented by gladness rather than fear. - This account is usually attributed to Tertullian.

1Th. 5:16 Rejoice at all times.

Ro. 14:17 For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace, and joy in the Holy Spirit,

Pp. 4:4 Rejoice in the Lord always. I will say it again: Rejoice!

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Jas. 1:2 Consider it pure joy, my brothers, when you encounter trials of many kinds,

Mt. 5:11-12 [Jesus speaking] Blessed are you when people insult you, persecute you, and falsely say all kinds of evil against you because of Me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets before you.

Hab. 3:17-18 Though the fig tree does not bud and no fruit is on the vines, thought the olive crop fails and the fields produce no food, though the sheep are cut off from the fold and no cattle are in the stalls, yet I will exult in the LORD; I will rejoice in the God of my salvation!

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Mt. 6:22-23 [Jesus speaking] The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

QUOTE If you're a believer in the Lord Jesus Christ, you and I can be joyful because we have eternal life. You and I can be joyful because the God of the universe loves us with an everlasting and an undying love. You and I can rejoice because our names are written in the Lamb's Book of Life. You and I can rejoice because we have an inheritance that can never perish, spoil, or fade, kept in heaven for us who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed. If you're a believer in the Lord Jesus Christ, you can rejoice because on your very worst, most horrible day, you're still far, far better off than the richest, most pampered unsaved person on the planet – it's just a matter of time

until your true destinies will be revealed. Rejoice, my brother. Rejoice, my sister. God's got your life in the palm of his hand. The question of joy is, ***"Where is your eyesight?"*** The question of joy is, "What are you focusing on?" If you're focusing on God and the wonderful things he's doing, you'll have joy.

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Lk. 10:20 [Jesus speaking to his disciples] Nevertheless, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven."

Heb. 12:2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before Him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

1Pt. 4:13 But rejoice that you share in the sufferings of Christ, so that you may be overjoyed at the revelation of His glory.

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Ro. 8:28 And we know that God works all things together for the good of those who love Him, who are called according to His purpose.

2Co. 4:17-18 (NIV) For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

2Co. 12:9b-10 so that the power of Christ may rest on me. That is why, for the sake of Christ, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

HEMP The hemp plant has for years been used to make strong ropes. An experiment was performed by removing hemp plants from their rugged and severe environments and planting them in favorable conditions. The experiment failed. In order to become strong, the hemp needed the adversity of a harsh climate.

Jas. 1:2-4 Consider it pure joy, my brothers, when you encounter trials of many kinds, because you know that the testing of your faith develops perseverance. Allow perseverance to finish its work, so that you may be mature and complete, not lacking anything.

Ro. 5:3-5 Not only that, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out His love into our hearts through the Holy Spirit, whom He has given us.

QUOTE We have a choice. We can either focus on what ***man*** is doing ***to*** us ***in*** our circumstances, or we can focus on what ***God*** is doing ***for*** us ***through*** those circumstances. If we focus on what man is doing to us, we will be discouraged or depressed. If we focus on what God is doing for us, we will have joy. The choice is ours.

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Heb. 1:9 You have loved righteousness and hated wickedness; therefore God, Your God, has anointed You above Your companions with the oil of joy."

QUOTE Have you ever noticed that murderers don't smile a lot? ...that robbers don't laugh much? ...that extortionists aren't all that happy? If we love righteousness and hate wickedness, and because of our love for the one and hatred for the other we discipline our lives to do what is right, as a result of doing what is good and right we will have a measure of joy.

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Neh. 8:10b ...for the joy of the LORD is your strength."

Pr. 17:22 A joyful heart is good medicine, but a broken spirit dries up the bones.

2. peace

Ro. 15:33 The God of peace be with all of you. Amen.

Rev. 4:6a And before the throne was something like a sea of glass, as clear as crystal.

Ro. 8:6 The mind of the flesh is death, but the mind of the Spirit is life and peace,

Col. 3:15 Let the peace of Christ rule in your hearts, for to this you were called as members of one body. And be thankful.

Is. 53:5 But he was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was upon Him, and by His stripes we are healed.

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Jn. 16:33 [Jesus speaking] I have told you these things so that in Me you may have peace. In the world you will have tribulation. But take courage; I have overcome the world!"

Jn. 14:27 [Jesus speaking] Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled; do not be afraid.

Pp. 4:6-7 Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Ps. 3:6 I will not fear the myriads set against me on every side.

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Is. 26:3 You will keep in perfect peace the steadfast of mind, because he trusts in You.

Ro. 15:13 Now may the God of hope fill you with all joy and peace as you believe in Him, so that you may overflow with hope by the power of the Holy Spirit.

QUOTE God is not worried, fretting, anxious, or upset. Jesus is the Prince of Peace (Isaiah 9:6). If we are worried, fretting, anxious, or upset we are not as connected to God as we should be.

STORY There's a story about a man who goes on a hike in the mountains, far away from civilization. He loses his balance, starts falling off the edge of the cliff he's on, but manages to grab onto a vine. Hanging on the edge of the cliff and desperately clinging onto the vine he yells, “Is there anyone up there who can help me?” A voice responds, “I am the Lord. I can help you.” The man says, “Save me, Lord. If I fall off this cliff, I'll die.” The voice responds, “Let go of the vine.” The man says, “I can't do that. I'll fall to my death.” The voice says, “Trust me.” The man hesitates, then he says, “Is there anyone else up there who can help me?”

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Mt. 5:9 [Jesus speaking] Blessed are the peacemakers, for they will be called sons of God.

Mt. 6:25-34 [Jesus speaking] Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air: They do not sow or reap or gather into barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

And why do you worry about clothes? Consider how the lilies of the field grow: They do not labor or spin. Yet I tell you that not even Solomon in all his glory was adorned like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the furnace, will He not much more clothe you, O you of little faith?

Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles strive after all these things, and your heavenly Father knows that you need them. But seek first the kingdom of God and His righteousness, and all these things will be added unto you.

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Today has enough trouble of its own.

Ro. 12:18 If it is possible on your part, live at peace with everyone.

Ps. 37:1 Do not fret over those who do evil; do not envy those who do wrong.

Heb. 12:11 No discipline seems enjoyable at the time, but painful. Later on, however, it yields a harvest of righteousness and peace to those who have been trained by it.

Ro. 14:17 For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace, and joy in the Holy Spirit.

3. patience

QUOTE Patience has ***nothing*** to do with how long you wait. You can wait a long time patiently, or you can wait a long time impatiently. You can wait a short time patiently, or you can wait a short time impatiently. Patience has absolutely nothing to do with how long you wait; it has everything to do with your attitude while you're waiting.

Pp. 2:14 Do everything without complaining or arguing,

Pr. 20:22 Do not say, “I will avenge this evil!” Wait on the LORD, and He will save you.

Pp. 4:11-13 (NIV) [the apostle Paul writes] I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.

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Ecc. 3:1 To everything there is a season, and a time for every purpose under heaven:

Ecc. 3:11 He [God] has made everything beautiful in its time. He has also set eternity in the hearts of men, yet they cannot fathom the work that God has done from beginning to end.

Ps. 27:14 Wait patiently for the LORD; be strong and courageous. Wait patiently for the LORD!

Is. 30:18 Therefore the LORD longs to be gracious to you; therefore He rises to show you compassion, for the LORD is a just God. Blessed are all who wait for Him.

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2Pt. 3:9 The Lord is not slow in keeping His promise as some understand slowness, but is patient with you, not wanting anyone to perish but everyone to come to repentance.

Ro. 2:4 Or do you disregard the riches of His kindness, tolerance, and patience, not realizing that God's kindness leads you to repentance?

1Ti. 1:16 But for this very reason I was shown mercy, so that in me, the worst of sinners, Christ Jesus might display His perfect patience as an example to those who would believe in Him for eternal life.

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Pr. 14:29 A patient man has great understanding, but a quick-tempered man promotes folly.

Pr. 15:18 (NIV) A hot-tempered man stirs up dissension, but a patient man calms a quarrel.

Pr. 16:32 (NIV) Better a patient man than a warrior, a man who controls his temper than one who takes a city.

Pr. 25:15 Through patience a ruler can be persuaded, and a gentle tongue can break a bone.

Heb. 6:12 Then you will not be sluggish, but will imitate those who through faith and patience inherit what has been promised.

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Ps. 37:7 Be still before the LORD and wait patiently for Him; do not fret when men prosper in their ways, when they carry out wicked schemes.

Ps. 40:1 I waited patiently for the LORD; He inclined to me and heard my cry.

Eph. 4:2 with all humility and gentleness, with patience, bearing with one another in love.

Ro. 12:12 Be joyful in hope, patient in affliction, persistent in prayer.

1Th. 5:14 And we urge you, brothers, to admonish the unruly, encourage the fainthearted, help the weak, and be patient with everyone.