

## Communion Meditation 9/5/10 **Joy in the Holy Spirit**

**The benefits which in this life do accompany or flow from justification, adoption, and sanctification are assurance of God's love, peace of conscience, joy in the Holy Spirit, increase of grace, and perseverance to the end.**

The third benefit listed is **joy in the Holy Spirit**. This benefit accompanies our justification, adoption, and sanctification because the Spirit baptizes us, indwells us, and seals us at our conversion. And we begin to be filled with the Spirit, so our joy begins to grow, because joy is a fruit of the Holy Spirit.

Rom 14.17 "for the kingdom of God is not eating and drinking, but righteousness, and peace and joy in the Holy Spirit".

Acts 13.52 "And the disciples were filled with joy and with the Holy Spirit."

But our joy ebbs and flows, so the question would be, how do we keep and increase our joy, rather than see it diminish?

I thought of 6 ways our joy in the Holy Spirit can increase. And these are all marks of a disciple, that is, someone who acts, and speaks, and thinks more and more like His master. A disciple is a person after the master's heart, like David. Disciples long to be with their master, they long to be like their master, and to please their master. This is the opposite of grieving our master, which is something the word says we sometimes do toward the Holy Spirit. (Eph 4.30)

### **1. Our joy in the Holy Spirit increases as we obey and submit to His will.**

Ps 40.8 "I delight to do your will, O my God, and Your law is within my heart." And this is closely connected with number 2-

### **2. Our joy in the Holy Spirit increases as we grow in love for His word.**

Ps 119.97 "O how I love your law! It is my meditation all the day".

Jer 15.16 "Your words were found, and I ate them. And Your word was to me the joy and rejoicing of my heart."

If you desire joy in the Holy Spirit, ask Him to give you a love and desire and hunger for His word.

### **3. Our joy in the Holy Spirit increases as we commune with Him, and as we pray.**

Ps 16.11 "In your presence is fullness of joy, at your right hand are pleasures forevermore".

Jn 16.24 "Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full."

### **4. Our joy in the Holy Spirit increases as we witness, as we face trials in our service, as we go through tough times.**

Mt 5 11, 12 “Blessed are you when they revile you and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven...” And knowing your reward is kept in heaven is a very large benefit, and allows you to have joy in the Spirit now.

Hab 3.17, 18 Though the fig tree may not blossom, nor fruit be on the vines; though the labor of the olive may fail, and the fields yield no food; though the flock may be cut off from the fold, and there be no herd in the stalls—yet I will rejoice in the Lord, I will joy in the God of my salvation.” Only by the Holy Spirit could you have joy in this situation.

### **5. Our joy increases as we give sacrificially; God loves a cheerful giver, and He Himself is a generous giver!**

2 Cor 8.2-4 Regarding the churches of Macedonia: “..in a great trial of affliction the abundance of their joy and their deep poverty abounded in the riches of their liberality. For I bear witness that according to their ability, yes, and beyond their ability, they were freely willing. Imploring us with much urgency that we should receive the gift..”

### **6. Our joy in the Holy Spirit increases as we fellowship with each other, and worship Him individually and corporately, in the Spirit.**

Each week as we meet together to worship on the Lord’s Day, He is using our fellowship to teach us all to rejoice. He is using you all to increase my joy in the Spirit, and each week I enjoy, I rejoice in worshipping the Lord together with you, in singing joyfully together, in reading the word in unison, and hearing the word together, and in celebrating the Lord’s supper. And if I miss even one week, I truly miss you and the joy of worshipping with you.

Ps 43.4 “I will go to the alter of God, to God my exceeding joy..”

Neh. 8.9-10 Nehemiah, and Ezra and the priests “said to all the people, This day is holy to the Lord your God; do not mourn or weep.” For all the people wept when they heard the words of the Law. Then he said to them, “Go your way, eat the fat and drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the Lord is your strength.”

Coming to this worship service, and now to this meal, which the Lord instituted, is part of joyful, Spirit-led worship, and it increases our joy in the Spirit. We obey in this as His disciples, just as we obey His will in other areas – we love and study His word, we commune with Him and pray, we rejoice in suffering, we give and serve, and we worship and fellowship together. These disciplines won’t be burdensome, because we know practicing them pleases the Spirit and causes us to be filled with Him.

Father, we want to experience the joy of the Holy Spirit, and you have given us ways to grow in the grace of the Lord and the fullness of the Spirit. May we practice these ways in joy, to please you and not men. We come to this table in obedience and joy because of your Spirit in us. Lord Jesus, fill us with your Spirit that our joy may exalt you.

