

INSIDE OUT



UPSTREAM

Galatians 5:22 – 23; Luke 10:1 – 21; Romans 5:2 – 5

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MESSAGE NOTES

Joy is not the reward for following Jesus; it is the result of sharing His life.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. — Galatians 5:22 – 23 (ESV)

- **Go with Jesus – Joy begins with the first step of faith**

After this the Lord appointed seventy-two others and sent them on ahead of Him, two by two, into every town and place where He Himself was about to go. And He said to them, "The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into His harvest. Go your way; behold, I am sending you out as lambs in the midst of wolves. — Luke 10:1 – 3 (ESV)

True joy isn't found in changing our circumstances, but in letting Jesus change our hearts.

- **Grow with Jesus – Joy deepens as we experience God's work**

The seventy-two returned with joy, saying, "Lord, even the demons are subject to us in Your name!" And He said to them, "I saw Satan fall like lightning from heaven. Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you. Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven." — Luke 10:17 – 20 (ESV)

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. — Romans 5:3 – 5 (ESV)

At that time Jesus, full of joy through the Holy Spirit, said, "I praise You, Father, Lord of heaven and earth, because You have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what You were pleased to do." — Luke 10:21 (NIV)

After this the Lord appointed seventy-two others and sent them on ahead of Him, two by two, into every town and place where He Himself was about to go. — Luke 10:1 (ESV)

- **Glow with Jesus – Joy overflows as our hearts begin to delight in what delights Him**

At that time Jesus, full of joy through the Holy Spirit ... — Luke 10:21 (NIV)

"... Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven." — Luke 10:20 (ESV)

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MESSAGE SUMMARY

Many of us spend our lives trying to find more joy by changing our circumstances, but Jesus invites us to look upstream to the true Source. In Luke 10, the seventy-two discovered that joy begins when we go with Jesus in faith, grows as we experience His work in our lives, and overflows as we begin to delight in what delights Him. True joy isn't the reward for following Jesus, it is the result of sharing His life. The closer we remain connected to Christ, the more the Holy Spirit produces His joy in us, from the inside out.

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DISCUSSION QUESTIONS

- Discussion Starter: Share about a time you experienced unexpected joy. What made it so memorable? Was it something that happened to you, or something God did in or through you?
- Read Luke 10:1–3, 17. What stands out to you about the seventy-two being sent by Jesus? What do you think they may have been feeling before they left, and what changed by the time they returned in verse 17?
- Read Luke 10:20–21. Jesus tells the disciples not to rejoice primarily in their success, but because their names are written in heaven. Why is that distinction so important? What does this teach us about where our identity and joy should ultimately be rooted?
- Read Romans 5:3–5. Paul says we can rejoice even in suffering because of what God produces through it. How have you seen God use a difficult season to deepen your faith, shape your character, or increase your confidence in His love?
- Read Luke 10:1 and 21 again. What do these verses teach us about the connection between joy, community, and walking with Jesus?
- The message challenged us not to spend all our energy trying to fix what's happening "*down stream*" in our circumstances, but instead to stay connected to Christ, the Source. What is one practical way you can "*go upstream*" and spend time with Jesus this week?
- Where do you most need the joy of Christ in your life right now? Share with the group, then pray