

## I. Fed unto joy [1-3]

A. Feeds [2]

B. Fasts [1]

C. Delights [1-2]

### Implications:

1. The mind is the indispensable servant of the heart
2. “Discipline, Desire, Delight”
3. Clarifications about joy in God
  - 1) *Make sure you have a right definition of what joy in God looks like and feels like*
  - 2) *Remember joy in God is a fight and it takes times*
  - 3) *Joy in God does not remove suffering, but it sustains us in suffering*
  - 4) *Remember you have dual nature and our joy in God will be imperfect*

## II. Consistent in character [3-4]

### Steps to develop consistent character:

1. Reflect
2. Plan
3. Execute
4. Recommit

## III. Overflowing in love [3]

### Two ways we love others:

1. Overflowing in love
2. Fighting to love
  - 1) *Recognize dual nature means you can still love*
  - 2) *Fight for as much spirit nature love as possible*
  - 3) *Do the loving action*
  - 4) *Evaluate, repent, and recommit to love better next time*

## IV. Saturated in the Gospel [5-6]

-Galatians 3:13