

# Finding Joy in the Journey: Savoring the Fruit of the Spirit

Cathy McIntosh



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Do you have those days ... or even seasons of life ... when joy seems elusive or impossible to grasp? God's Word makes it clear that He provides the gift of joy to each of His children. Cathy McIntosh (Author, Speaker, and Ministry Leader) shares Biblical truths and practical tips to embrace God's very best in life. She reveals why struggles common to many women, such as fear, worry, shame, trials, and confusion, cannot steal our foundational, divinely-given joy. This book and included Bible study are perfectly suited for individual or group use. Come embark on the journey to experience joy on a daily basis, regardless of circumstances.



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