



## ***The Difference Between Joy & Happiness***

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7*

### **Joy vs. Happiness**

#### **1. Happiness is what happens \_\_\_\_\_ you.**

**Joy is what is produced \_\_\_\_\_ you.**

*When the Holy Spirit controls our lives, he will produce this kind of love in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Galatians 5:22-23*

*May you always be filled with the fruit of your salvation – those good things that are produced in your life by Jesus Christ – for this will bring much glory and praise to God. Philippians 1:11*

*Always be full of joy in the Lord. I say it again – rejoice! Phil. 4:4*

#### **2. Happiness is \_\_\_\_\_.**

**Joy is \_\_\_\_\_.**

*Just as Death and Destruction are never satisfied, so human desire is never satisfied. Proverbs 27:20*

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Phil. 4:6-7*

#### **3. Happiness is defined by the \_\_\_\_\_.**

**Joy is defined by the \_\_\_\_\_.**

*When God promised Abraham that he would become the father of many nations, Abraham believed him. God had also said, "Your descendants will be as numerous as the stars," even though such a promise seemed utterly impossible! And Abraham's faith did not weaken, even though he knew that he was too old to be a father at the age of one hundred and that Sarah, his wife, had never been able to have children. Abraham never wavered in believing God's promise. In fact, his faith grew stronger, and in this he brought glory to God. He was absolutely convinced that God was able to do anything he promised. Romans 4:18-21*

## Promises

*“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.” Romans 8:28 (NLSTE)*

*“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, <sup>3</sup> because you know that the testing of your faith produces perseverance. <sup>4</sup> Let perseverance finish its work so that you may be mature and complete, not lacking anything.” James 1:2-4 (NIV)*

*And my God shall supply all your need according to His riches in glory by Christ Jesus. Philippians 4:19 (NKJV)*

*For we know that when this earthly tent we live in is taken down (that is, when we die and leave this earthly body), we will have a house in heaven, an eternal body made for us by God himself and not by human hands. 2 Corinthians 5:1 (NLTSE)*

*That is what the Scriptures mean when they say, “No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.” 1 Corinthians 2:9 (NLTSE)*

*Praise the Lord, I tell myself; with my whole heart, I will praise his holy name. Praise the Lord, I tell myself, and never forget the good things he does for me. He forgives all my sins and heals all my diseases. He ransoms me from death and surrounds me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle’s! Psalm 103:1*

## Reflect

- How would you describe the difference between joy and happiness?
- Which do you think you tend to pursue the most often? Why?
- What practical habit can you begin to help you live in joy?