

# Focused Living



Happiness

vs Joy



## LUKE 2:4-18 (KJV)

**8** Now there were in the same country shepherds living out in the fields, keeping watch over their flock by night.

**9** And behold, an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were greatly afraid.

**10** Then the angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people.

## LUKE 2:4-18 (KJV)

**11** For there is born to you this day in the city of David a Savior, who is Christ the Lord.

**12** And this will be the sign to you: You will find a Babe wrapped in swaddling cloths, lying in a manger."

**13** And suddenly there was with the angel a multitude of the heavenly host praising God and saying:

## LUKE 2:4-18 (KJV)

**14** "Glory to God in the highest, and on earth peace, goodwill toward men!"

# Happiness

1. the quality or state of being happy.
2. good fortune; pleasure; contentment; joy.

# Joy

1. The emotion of great delight or happiness caused by something exceptionally good or satisfying; keen pleasure; elation:  
*She felt the joy of seeing her son's success.*

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1. The emotion of great delight or happiness caused by something exceptionally good or satisfying; keen pleasure; elation:  
*She felt the joy of seeing her son's success.*
2. A source or cause of keen pleasure or delight; something or someone greatly valued or appreciated: *Her prose style is a pure joy.*

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6. Obsolete. To gladden.

*If I can only.....I'll be happy!*

Joy and happiness are wonderful feelings to experience, but are very different. Joy comes when you make peace with who you are, whereas happiness tends to be externally triggered and is based on other people, things, places, thoughts, and/or events.



Happiness is like rising bubbles – delightful,  
but inevitably fleeting.

Joy is like oxygen – it's ever present.



Happiness is always passing through. It can claim your full attention for the ten seconds it takes to swallow a sip of incredible coffee. Or it can stream through your being for weeks on end. However, happiness cannot hold the same space as sadness, anger, or the range of so-called “negative” emotions, for very long. This is why it’s transitory.



**Joy: The fiber of your Soul.**

**Happiness: You love it when it comes.**

**Joy: It's the love that lasts no matter what.**



# 1. Your joy rests on God's joy.

“God is joy and happiness by his essence: for He is happy not by acquisition or participation of something else, but by His essence. On the other hand, men are happy by participation.”

God is happiness. Joy is fundamental to His character and nature. To find God is to find the fountain of all joy.



## 2. God really does delight in you.

How can a Holy God delight in me?

It was a preacher named Henry Donald Maurice Spence (1836-1917) who made a point. "God is so joyous that He finds joy even in us."

God delights to rejoice over his children, because He is essentially joyful.

**Zephaniah 3:17** "The Lord your God is in your midst, a mighty one who will save, he will rejoice over you with gladness."



God's song of joy over his justified children is not merely the sum of the joy we attract from Him; it's also the multiplication of His abundant joy exponentially expressing itself out over us.

Joyful people more easily express joy, just as God delights to rejoice over His children, because He is essentially joyful.



# 3. The happiness and joy of God is the strength you need.

“The joy of the Lord is your strength”  
(Nehemiah 8:10).

Whether the “joy of the Lord” here refers mainly to the joy He has in Himself, or to the joy He gives us, we have no real hope of joy or strength unless God Himself is joy!



(John 15:11) “These things I have spoken to you, that my joy may be in you, and that your joy may be full.”

God does not give us any joy outside of the joy He has in Himself already, which means God’s happiness/joy is our strength.





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