

Joy in the Lord

Happy Wednesday!

Joy versus Happiness

“If you keep My commandments, you will abide in My love; just as I have kept My Father’s commandments and abide in His love. These things I have spoken to you so that My joy may be in you, and that your joy may be made full. This is My commandment, that you love one another, just as I have loved you.”

John 15:10-12 NASB1995

<https://bible.com/bible/100/jhn.15.11-12.NASB1995> [bible.com]

According to a quick Google search, “joy” and its various forms (rejoice, joyful, etc) occurs 430 times in the ESV translation of Scripture, while “happy” and its forms occur only 10 times.

Joy is lasting, and it satisfies the heart and soul in a unique and marvelous way. Joy is a characteristic of God’s people, found in his presence. Christian joy flows from realizing our position in Christ: who you are in him, and what he has done for you.

Happiness is elusive. It’s always in a greener pasture or it quickly fades once you’ve found it - like a new car smell.

Happiness is circumstantial.

Happiness is a pursuit of what’s trending, not a choice for what is lasting. Happiness and its pursuit is folly and a trap.

So what makes you happy? Twitter (I mean “X”)? Social Media? Food? Fast-paced lifestyle pursuit of the next best thing?

What do you find yourself pursuing?

Joy in Christ or happiness apart from Him? Keeping God’s commandments makes our joy in Christ complete! Praise God for that *promise* of His faithfulness! The more you seek Him, the more joy you find and the more you are made complete, which means: in Him and in His joy you lack nothing!

“You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever.” Psalms 16:11 NASB1995

<https://bible.com/bible/100/psa.16.11.NASB1995> [bible.com]

The path of life is God.

In His presence is FULLNESS or COMPLETENESS of joy (it lacks nothing!)

And so because these things are true, those who seek God choose to live joyously every day!

This is the day that the Lord has made. I will rejoice and be glad in it. (Psalm 118:24) I will not

seek false happiness, but lasting and eternal joy that is full and complete. I may still get overwhelmed from stressors, but I'm seeking God's joy that endures and fills like no other!

happiness vs joy

Joy is a little word. Happiness is a bigger word.

Joy is in the heart. Happiness is on the face.

Joy is of the soul. Happiness is of the moment.

Joy transcends. Happiness reacts.

Joy embraces peace and contentment, waiting to be discovered.

Joy runs deep and overflows. while happiness hugs hello.

Joy is a practice and a behavior. It's deliberate and intentional. Happiness comes and goes blithely along its way.

Joy is an inner feeling. Happiness is an outward expression.

Joy is profound and Scriptural. "Don't worry, rejoice." Happiness is a balm. "Don't worry, be happy."

Joy endures hardship and trials and connects with meaning and purpose.

A person pursues happiness but chooses joy.

Father, help me seek You and Your Joy more than I seek temporary happiness from the lies this world offers. Help me choose joy, and help me choose you!

Worship:

“Joy In The Lord” by Rend Collective YouTube · RendCollectiveVEVO Rend Collective - Joy Of The Lord (Lyrics And Chords)

“joy.” by for KING & COUNTRY YouTube · for KING + COUNTRY for KING + COUNTRY – joy. (Official Music Video)

“Yet Not I But Through Christ In Me” by CityAlight YouTube · CityAlightCityAlight - Yet Not I But Through Christ In Me (Live)

Brittany Laing