

Happiness or Joy

Choose five volunteers to tell you one thing that makes them happy. Then ask them for one thing that makes them unhappy.

Spiritual Application: There is a big difference between being happy and having joy. The word “happy” and the word “happening” come from the same Old English word, “hap.” These words are connected. You are happy because things happen the way you want them to. You are unhappy when things don’t happen the way you desire.

But joy is different. Joy doesn’t depend on your circumstance. Even though your circumstances might be like a roller coaster, going up and down, up and down, your joy can be constant. It’s like having peace in the middle of the storm. Why? Because happiness comes from happenings but joy comes from Jesus.