

LIVE *joy* SHARE *joy*

Special Guest

*Dana Kocka*

## JOY SQUARED

One of the greatest promises that Jesus gave to his followers was the promise of receiving fullness of JOY. The joy that fills us up. Before Jesus went to the cross, He said, "I have spoken to you, so my joy may be in you and your joy may be full."

*1 Thessalonians 5:16-17*  
*Rejoice evermore. Pray without ceasing.*

### The Distinction between Happiness and JOY

Happiness is based on external circumstances. For example, opening a Christmas present. There is nothing wrong with happiness. This can be a great external thing.

JOY is lasting because it is based on God's presence within us.

Even amidst gut wrenching struggles we can have JOY. This happens when we focus on Him.

*Matthew 7:7-8*  
*Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened*

### Digging into the Word of God

Spend some time reading Philippians. Paul faced excruciating poverty, abundant wealth and everything in between. His life was hard. He was beaten, imprisoned, persecuted and constantly living in danger and yet, Paul had JOY in every circumstance. Paul learned to be content because he focused all his attention and energy into knowing Christ and obeying Him.

Explore the distinction between happiness and joy in your life:

What brings you happiness?

What brings you JOY?

Where do you notice places you have happiness but don't experience full JOY?

Where do you experience JOY even though you may not feel happy in the moment?

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