



Joy vs. Happiness

Description

The Lord has done great things for us, and we are filled with joy. (Psalm 126:3)

There is a huge difference between joy and happiness. You can experience joy without feeling happy, but you can't experience happiness without being joyful.

Happiness is a feeling that changes with the emotions we have in a day, but joy is a constant state of being that we choose.

Happiness is often caused by earthly experiences and material objects, while joy comes through our connection with the Lord and fixing our eyes on eternity.

Happiness is an outward expression of a feeling we have inside, while joy is an inward peace and contentment that expresses itself through our responses and reactions.

Happiness is temporary and based on outward circumstances, while joy is lasting and based on inward circumstances.

Happiness is fleeting at best, while joy is constant when we keep the right perspective.

Happiness is a surface emotion, but joy is a deep experience.

The ransomed of the LORD will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away. (Isaiah 51:11)

Dear Lord, May I enter every moment of life with singing, singing of the joy that You alone have given me. May Your gladness and Your joy overtake my day, and may any sorrow or sighing flee from me. I want to experience Your incredible joy today as I fix my eyes on You.

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Finding Joy in Jesus,

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