



**Sermon Notes: Happiness or Joy?**

**Key Scriptures: Hebrews 12:1-3**

**What's the Difference?**

**Happiness is an Emotion, Joy is a fixed state of being.**

James 1:2-3

**Happiness is Temporary, Joy is Eternal.**

Hebrews 12:1b-2, Colossians 3:1-4

**Happiness is external, Joy is Internal.**

**Happiness comes from circumstances, Joy comes from God.**

Psalm 16:11, Galatians 5:22-23

**Application: Answer These Questions**

1. Do I have a relationship with Jesus?
2. Am I looking for an emotion, or a relationship?
3. Am I looking for something temporary, or eternal?
4. Am I looking for something I can see, or driven by the one I believe in but can't see?
5. Am I depending on my circumstances, or am I depending on a relationship with God?
6. Am I trying to live my best life now, or am I ready to die to myself?