

Lesson 2 Class Exercise

What is the difference between **happiness** and **joy**?

(Happiness is temporary and is affected by our circumstances. Joy is more in and from the heart and is not affected by our circumstances.)

List things that bring us happiness in left column and things that bring us joy in right

(Note that the things we typically list under happiness involve spending money in one way or another, while the things under Joy typically do not.)

Happiness	Joy

I will be happier when _____

I would be happier if _____

(Most answers will in essence be saying “When my circumstances change.” The true answer should reflect “When my heart changes and I look to my relationship with the Lord for my joy.”)

Lesson 2 Class Discussion Questions

1. Is there anything wrong with wanting to be happy? (No, but it becomes a problem when we are ruled – driven – by that desire. It’s a problem when it is nothing more than a shallow drive to satisfy *self*.)
2. Can happiness and holiness coexist? (Yes. God wants us to be happy, but He wants even more for us to be holy, because He knows that the more we move towards holiness in our lives the happier, more joyful, we will become.)
3. What does *joy* look like in our day to day living? (It is *not* a state of constant giddiness and giggling. It’s an inner sense of well-being. A sense of “Life is good and God has blessed me.”)