

**Col 1:9-11** For this reason also, since the day we heard *of it*, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, <sup>10</sup> so that you may walk in a manner worthy of the Lord, to please *Him* in all respects, bearing fruit in every good work and increasing in the knowledge of God; <sup>11</sup> strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously

### Paul's Prayer

Main Idea: that you might be filled with knowledge of His desire for you by all spiritual wisdom and understanding.

- a. The prayer is for them to have access to the ministry of GHS & the truths taught by God's word, made available by the temporary spiritual gifts.
  - NT was in the process of being written – no NT bible
- b. What Paul describes is the spiritual growth of those believers who seek to know God by learning His word.
- c. The believers walk grows to be worthy of his/her calling, pleasing the Lord in every way, bearing fruit in every good work and continuing to increase in the knowledge of God.
- d. The believer is strengthened by God's strength, developing endurance with circumstances and patience with people, with joy & gratitude

This study will discuss different aspects of happiness & joy

### Joy

**Chara** - literally *joy*, as a feeling of inner happiness *rejoicing, gladness, delight*

- a. person or thing that is the cause of joy or happiness (LU 2:10; PH 4:1 )
- b. a **state** or condition of happiness or blessedness (MT 25:21; HE 12:2)
- c. opposed to λύπη (*lupe* – sorrow, grief) John 16:20; 2 Cor. 2:3; Heb. 12:11;
- d. developed from growing faith in God's word, Phil. 1:25; Matt. 2:10
- e. joyousness caused by GHS 1Thes 1:6

### Human Happiness

Every individual is born with a particular [“happiness set point” or a baseline level of happiness](#), research suggests. After experiencing triumphs or tragedies, people adapt to their new circumstances and their emotions generally return to this genetically-determined level of well-being.

Terms: well-being, pleasure, enjoyment, rejoicing, satisfaction, contentment, joy, happiness, contentment, exultation, jubilation, ecstasy, delight

Happiness is an electrifying and elusive state. Philosophers, theologians, psychologists, and even economists have long sought to define it. More than simply positive mood, happiness is a state of well-being that encompasses living a good life, one with a sense of meaning and deep contentment.

Feeling joyful has its health perks as well. A growing body of research also suggests that [happiness can improve your physical health](#); feelings of positivity and fulfillment seem to benefit cardiovascular health, the immune system, inflammation levels, and blood pressure, among other things. Happiness has even been linked to a longer lifespan as well as a higher quality of life and well-being.

Attaining happiness is a universal pursuit, meaning all of us want to be happy. Researchers find that people from every corner of the world rate happiness more important than other desirable personal outcomes, such as obtaining wealth, acquiring material goods, and getting into heaven.

Regularly indulging in small pleasures, getting absorbed in challenging activities, setting and meeting [goals](#), maintaining close social ties, and finding purpose beyond oneself all increase life satisfaction. It isn't happiness per se that promotes well-being, it's the actual pursuit that's key.

Happy people live with purpose. They find joy in lasting relationships, working toward their goals, and living according to their values. The happy person is not enamored with material goods or luxury vacations. This person is fine with the simple pleasures of life—petting a dog, sitting under a tree, enjoying a cup of tea.

## **Myths**

Misperceptions abound when it comes to what we think will make us happy. People often believe that happiness will be achieved once they reach a certain milestone, such as finding the perfect partner or landing a particular

salary. People often want to avoid difficult emotions, so they reach for quick fixes like tasty treats or luxurious purchases. Those indulgences provide happiness, but only momentarily. Yet pinning all hopes of happiness on milestones like getting married, gaining fame, or becoming wealthy is also misleading. Lasting happiness occurs when we invest in meaningful goals, relationships, and values and develop skills to overcome distress.

Humans are excellent at adapting to new circumstances, which means that people will habituate to their new relationship or wealth, return to a baseline level of happiness, and seek out the next milestone.

Every individual is born with a particular [“happiness set point” or a baseline level of happiness](#), research suggests. (inherited temperament & personality). We all have a normal level of the feeling of happiness. After experiencing triumphs or tragedies, people adapt to their new circumstances and their emotions generally return to this genetically-determined level of well-being.

- a. We all are born with an emptiness in our core that produces a hunger for love, intimacy, security, connection from others.
- b. God made us to primarily need Him to fill our hearts and to need other people to a lesser degree.
- c. There is an unconditional +H that comes from the spiritual life of a mature believer based on receiving love from God & growing in love for God.
- d. There is a conditional, human happiness (HH) that humans enjoy regardless of their spiritual status, generally based on circumstances.
- e. HH is generally based on our relationships, circumstances & situations.
  - Marriage, success, wealth, health, freedom
- f. HH based on an immediate, conditional situation is always temporary, causing the feeling of HH to go up and down -
- g. HH based on the virtues of compassion, giving, integrity, honor, stability produces a more stable, state of well being compared to the fleeting feelings of pleasure.
- h. Spiritually advancing believers (SAB) can pursue HH but always in a subordinate manner to the will of God and spiritual +H.
- i. HH is temporary, based on desirable circumstances; + H from God is an enduring state of security, confidence contentment & peacefulness.

## Sharing the Happiness of God (+H)

1. **In eternity past all 3 members of the Godhead always enjoyed perfect +H.**
  - a. God is complete within Himself, needing nothing, overflowing with goodness, love and joy – result of His inner perfections
  - b. God knows that what He is doing will turn out exactly how He wants it to be

2. **In eternity past, in the divine decrees, God decided to make His +H available to those who would learn how to access it.**

- a. His +H comes from His thinking & perspective about life.
  - b. We share His +H when we are freed from our human views, adopting His

**Mat 2:10** – rejoiced when they saw Messiah's star – knew what the star meant.

3. **God only shares His +H with those who are part of His family.**

- a. +H is only for believers, indwelt by GHS & able to access the truth
  - b. Unbelievers don't have any kind of relationship with God

4. **God shares His +H with believers who mature in His grace, learn to use their divine assets in Christ to remove their ungodly or non-godly views of life & embrace the mind-set of Jesus in His humanity.**

- a. God, who is far out ahead of us, has made divine provision for us to change
  - b. Grace is accessed by faith, believing the promises & principles in the word

5. **Bel's unhappiness is caused by continuing to be dominated by the OM belief system that bases happiness on circumstances.**

- a. OM beliefs are built around seeking HH based on better situations.
  - b. When happiness is based on increasing HH, your sense of well being will go up and down with whatever you consider positive events.
  - c. Only by rejecting this way of thinking and removing these ideas from your soul will you have room for NM beliefs to take their place.
  - d. Only the beliefs used by Jesus in His earthly life will allow us to develop His way of thinking and therefore His happiness.

6. **God's +H is experienced on a spectrum: contentment, joy & rejoicing**

- a. Contentment is the idea of having enough – satisfied to have all you need
- b. Joy is a feeling of inner happiness & gladness based on a mature realization of the spiritual truths in God's grace plan.
- c. Rejoicing is a momentary feeling of extreme happiness that celebration  
Agalliao – rejoice

<sup>NAS</sup> **1 Peter 1:8** *and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, Mat 2:10*

7. **God uses our desire for His +H to drive us to maturity, to cleanse our hearts from OM beliefs but the desire for +H is not the ultimate motivation in the Christian life.**

- a. God designed the human soul to be motivated by needs that feel like desire
- b. We were made to experience joy, therefore the hunger & pursuit of it.
- c. As we grow, our desire for +H changes to love for Him, making + H a by-product rather than a primary purpose
- d. As you mature, your joy slowly grows, especially as you lay aside the griefs & pains that you have stored in your heart.
- e. You realize that the joy you seek is slowly growing in you as you grow spiritually and that seeking it is not necessary, perhaps even counter productive.