

2. Happiness is _____ . Joy is _____ .

Three simple facts ...

- God is in control ... “And we know that all things work together for good for those who love God and are called according to His purpose.” (Romans 8:28)
- Where I am right now is exactly where God wants me to be ... “It is the Lord who directs our steps.” (Proverbs 20:24)
- God is with me ... “He will never leave you. He will never forsake you.” (Hebrews 13:5)

3. Happiness is _____ . Joy is _____ .

“Because I live, you will live also!” (John 14:19)

Christ won a staggering victory on Easter Sunday – and He promises to share that victory with us!

It’s like we’re in a “fixed fight.” You can have joy deep inside, in spite of your circumstances, knowing that God has already written the final chapter.

The Secret of
Inner Beauty
Part 2: Joy



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Introduction

What is the secret of inner beauty?

The answer is quite simple. People who allow “the fruit of the spirit” to grow within them will be people known for their beautiful personality.

The Bible says, “But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” (Galatians 5:22)

These are the very qualities that create inner beauty and an attractive personality. Each week we will focus in-depth on one of these qualities.

How to Stay Joyful in Life

Don't let anything steal your joy.

- The average child laughs over 200 times per day.
- The average adult laughs only 14 times per day.

Know how to work, but also know how to play.

- One trait shared by people who live into their nineties is that they take joy in everyday life.

The Difference Between Happiness and Joy

1. Happiness is _____. **Joy is _____.**

"A happy heart is good medicine and a cheerful mind works healing." (Proverbs 17:22)

Everything doesn't have to be perfect on the outside to have joy on the inside. Learn to enjoy life and see the humor in it. Take time to laugh.