

**December 16, 2018**  
La Jolla Christian Fellowship  
**JOY TO THE WORLD: Episode 2**  
**MORE THAN HAPPY**  
Pastor Adam Stadtmiller

**Proverbs 13:12,19**

<sup>12</sup> *Hope deferred makes the heart sick,  
but a longing fulfilled is a tree of life.*  
<sup>19</sup> *A longing fulfilled is sweet to the soul,  
but fools detest turning from evil.*

## **Happiness vs. Joy**

**Question:** Is it possible to be joyful in the midst of sorrow?

- We must understand that hope is the long road that joy often treads upon before reaching its home.

“We were promised sufferings. They were part of the program. We were even told, 'Blessed are they that mourn,' and I accept it. I've got nothing that I hadn't bargained for. Of course it is different when the thing happens to oneself, not to others, and in reality, not imagination.”

□ C.S. Lewis, [A Grief Observed](#)

**Joy is not a bumper sticker:** Few actions have a more devastating impact upon a broken spirit than well intentioned yet misplaced words of encouragement.

- Let us not diminish someone's pain, but let us also not lose hold of hope and joy.

## **Last Week In Review: Domain-Entanglements-Focus**

1. The heart is the domain of joy.
2. Sin entangles the heart and leads to growing weary and the loss of heart. (Hebrews 12)
3. Joy is not a result of self-focus.

**Question:** Is joy the least felt emotion on the planet? If so, why?

- Our world is becoming increasingly hopeless.
  - Joy is often the result of hope. When people lose hope, they lose heart and heart is the domain of joy.

**Proverbs 13:12** Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.

- What are you hoping for?
- **1 Peter 1: 8-9** *Though you have not seen Him, you love Him; and even though you do not see Him now, you believe in Him and are filled with an inexpressible and glorious joy, <sup>9</sup>for you are receiving the end result of your faith, the salvation of your souls.*
  - *Even though He slay me, I will hope in Him.* Job 13:15

**Food for the journey:** Use these questions and challenges to go deeper this week.

1. Explain the physical and emotional difference between joy and happy?
2. When was the last time you were joyful?
3. Repentance leads to joy as it untangles the heart (Hebrews 12) Do a complete repentance, letting go of all coveted and committed sin and see what happens to your heart.
4. Let go of things you are holding on to, perhaps hope in something less than God, a relationship perhaps and see what happens.
5. Bless someone lavishly other than yourself and see if you are not filled back up!