

It is important to distinguish joy from happiness. In general, happiness is deemed to be based on circumstances, but joy goes deeper - it is a sense of peace and contentment *in spite of* circumstances. The Bible acknowledges both happiness and joy, but focuses on the latter when it comes to persevering during difficult times. When writing from prison in Rome, Paul stressed contentment (joy) in spite of his circumstances. He had “learned . . . to be content” (Philippians 4:11), suggesting it was a “secret” (verse 12), and realizing “I can do all things through Christ who strengthens me.” (verse 13)

Christ wants us to be full of joy, and to be content in all things. Make sure that His joy is abiding in you each day.

John 15:11 “These things I have spoken to you, that My joy may remain in you, and that your joy may be full.”