June 2nd, 2024

SUMMER PLAYLIST - 2024

Because I'm Happy

Week 1

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Sermon Notes

Happiness Definition:

- Mental or emotional state of well-being characterized by pleasant emotions.
- Ranges from contentment to intense joy.
- Triggered by positive life experiences or thoughts, sometimes arises from no obvious cause.

Joy Definition:

1 The emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires (like Delight).

2 The expression or exhibition of such emotion (like Bliss).

3 A source or cause of delight.

Joy versus Happiness:

- Many people are not joyful and happy.
- Being happy can take work; it is easy to be miserable.
- Happiness from temporary experiences is fleeting.

"A mile wide, an inch deep":

- Originated from an 1889 expression by writer Nye, describing superficial knowledge.

Analogies:

- 1 inch wide and 1 inch deep: Rarely joyful or happy.
- A mile wide and 1 inch deep: Shallow and fake, no substance.
- An inch wide and a mile deep: Happy frequently.

- A mile wide and a mile deep: True joy.

Analogies Explained:

1 1 inch wide and 1 inch deep:

- Rarely joyful or happy; small, narrow-minded.
- Focus on negative emotions like depression and guilt.
- Psalm 34:18-19 ESV: The Lord is near to the brokenhearted and saves the crushed in spirit.

2 A mile wide and 1 inch deep:

- Shallow and fake; floundering to survive.
- James 2:19: Even demons believe in God and tremble.
- Struggle between shallow religion and deeper faith.
- Parable of the Sower: Those without deep roots stumble in hard times (Matthew 13:20-21, NKJV).

3 An inch wide and a mile deep:

- Short-lived happiness, fleeting and not core.
- Happiness from compliments or small events is temporary and shallow.

4 A mile wide and a mile deep:

- True joy; deep and meaningful.
- Example of Job: Faith and joy despite severe suffering (Job 1:20-21).

Job's Story:

- Despite losing everything, Job remained faithful and found joy in the Lord.
- Job 1:20-21: Praises the name of the Lord even after immense loss.
- God's restoration of Job's fortunes illustrates unwavering faith and joy.

Difference Between Joy and Happiness:

- Happiness: Reaction to something great.

- Joy: Product of someone great (Jesus).
- Joy sustains us through heartache, injustice, and sorrow.

Conclusion:

- True joy is deep and rooted in faith.
- Call to focus on a daily relationship with Jesus.
- Encouragement to find joy in Christ, not just fleeting happiness.
- Invitation to join in prayer for deeper joy and faith.

Summary:

In our first sermon of the "Summer Playlist 2024" series, we explore the nuances between happiness and joy. Happiness is defined as a mental or emotional state of well-being characterized by pleasant emotions, ranging from contentment to intense joy. It is often triggered by positive experiences or thoughts, but can sometimes arise without any obvious cause. In contrast, joy is a deeper emotion evoked by well-being, success, or good fortune, and it often stems from a sense of delight.

Many struggle with being both joyful and happy, finding it easier to fall into misery. Happiness from fleeting experiences lacks depth, described as "a mile wide, an inch deep," a phrase highlighting superficiality. True joy, however, is profound and enduring, akin to "a mile wide and a mile deep."

We'll examine analogies to understand this better, from those rarely joyful to those whose joy is unwavering, like Job who, despite immense suffering, found joy in the Lord. We'll conclude with a call to nurture a daily relationship with Jesus, seeking deep, sustaining joy over temporary happiness. Join us in prayer to deepen our faith and joy in Christ.