

**Bible Study - Spiritual-Well Being**  
**Joy And Happiness That Sustains Us**  
**Bible study February 22, 2024**

**Biblical Definitions:**

- **Joy means:** A feeling of immense pleasure, happiness, gladness, and cheerfulness.
- **Happiness means:** The state of being happy; a state of pleasure or joy.
- **Surpasses means:** Better than; to go beyond in anything either good or bad.
- **Understanding means:** Skill and intelligence to understand.
- **Sustain means:** Strengthen or support physically or mentally. Maintain, Endure, Withstand, Tolerate.
- **Glory means:** To honor God with your presence; To give honor and praise; To take immense pride and pleasure.

Our daily lives are filled with emotional ups and downs, one minute we are at a peak of happiness and exhilaration, and other times we are deep in sadness, sorrow, and times even depression. This roller coaster lifestyle can place a strain on our mental and physical wellbeing and can eventually affect our health as well. This lifestyle is the result of depending on worldly events and activities to give us joy and happiness. Most worldly events are short lived, no matter whether they are positive or negative, however they do have a profound effect on us. Each event is like an electric charge going through our bodies, the charge either lift us up or tears us down.

- **Ephesians 5:8-9** For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light. (9) (For the fruit of the Spirit is in all goodness, and righteousness, and truth;)

When we consider all of the above from a personal perspective, we realize that these things cause us to live a life that is unstable, and confusing to the point that we do not know who we really are. If you only experience joy on your good days, then you really do not know what real joy and happiness is. When we remember who we are in Christ, and where Christ brought us from, this knowledge should give us sustaining joy and happiness! The Apostle Paul embodies this belief especially in his writing to the church of Philippi when he was locked up in a Roman's jail, yet he experienced sustaining joy and happiness. He encouraged the Philippians to be of good cheer, because they have been reconciled back to God through the work of Jesus Christ. Paul's letter to the church of Ephesus reminded the Ephesians and all believers that our reconciliation back to God should be the foundation for our joy and happiness, rather than worldly events and situations that saturate our daily lives.

- **Psalms 107:1-2** O give thanks unto the Lord, for he is good: for his mercy endureth for ever. (2) Let the redeemed of the LORD say so, whom he hath redeemed from the hand of the enemy;
- **Ephesians 1:3-7** Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ: (4) According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: (5) Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will, (6) To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.

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(7) In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;

- **Ephesians 2:11-16** Wherefore remember, that ye being in time past Gentiles in the flesh, who are called Uncircumcision by that which is called the Circumcision in the flesh made by hands; (12) That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world: (13) But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ. (14) For he is our peace, who hath made both one, and hath broken down the middle wall of partition between us; (15) Having abolished in his flesh the enmity, even the law of commandments contained in ordinances; for to make in himself of twain one new man, so making peace; (16) And that he might reconcile both unto God in one body by the cross, having slain the enmity thereby:

As confirmed by the Word of God, if we who are followers of Jesus Christ want to experience true sustaining joy and happiness, our life must be in alignment with God's will. To experience the type of joy and happiness that is spoken about above it is essential that we are filled with the holy spirit.

- **Ephesians 5:17-18** Wherefore be ye not unwise, but understanding what the will of the Lord is. (18) And be not drunk with wine wherein is excess; but be filled with the spirit;

Being a Believer and follower of Jesus Christ does not guarantee that we are filled with His spirit. A believer and follower of Jesus Christ is one that has made a profession of faith in Jesus Christ and has been spiritually baptized.

**John 3:5** Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the Kingdom of God.

**1Timothy 6:12** Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.

The filling of the spirit is a continual process, and something that we work on daily. If we do not take action to ensure that we are filled with the Holy Spirit our life will not manifest the fruits of the spirit. And since joy and happiness is a fruit of the spirit, then we will not enjoy sustaining joy and happiness in our life.

- **Galatians 5:18** But if ye be led of the Spirit, ye are not under the law.
- **Galatians 5:22-23** But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, (23) Meekness, temperance against such there is no law.