

**FC Grow Conference:**

Trading Happiness for Joy Part 1: Knowing the Difference

**Galatians 5:16-25**

**Romans 8:1-11**

Time to think a little....

**Happiness**

**Joy**

What does it look like to you?


What's the definition? (to you)

What have you banked your happiness on? (List 5 things)

---

---

Why do you think we opt out of our inherited, lasting, more satisfying gift, JOY?

---

---

**Knowing the Difference**

1. The Pursuit- Flesh or Spirit
  - a. Our flesh tells us to “do what makes us happy”
    - The pursuit of the flesh is naturally \_\_\_\_\_ of the Spirit of God. (Galatians 5:16-17)
    - Keeping in step with the flesh offers only - \_\_\_\_\_ self-gratification and usually \_\_\_\_\_ clean-up
  - b. The Spirit says do what is right
    - Keeping in step with the spirit will lead to \_\_\_\_\_ not \_\_\_\_\_ which is what happiness pretends to be.
    - We really want JOY

- c. What are we building on?
  - If the \_\_\_\_\_ of our joy is things that we can \_\_\_\_\_, our house will quickly fall.
  - The \_\_\_\_\_ of our house must be \_\_\_\_\_.
  - The building blocks of the \_\_\_\_\_ are \_\_\_\_\_

Notes:

---



---

2. Making the Separation

- a. Separating Joy from Happiness
  - Putting them in the same category \_\_\_\_\_ God's gift to us
- b. Separating Joy from Circumstance
  - Are we conforming to the world's idea of happiness?
  - Our idea of \_\_\_\_\_ cannot look like the world's idea of \_\_\_\_\_.
  - Joy from the Spirit is \_\_\_\_\_
- c. Separating Joy from Self
  - \_\_\_\_\_ we can \_\_\_\_\_ could ever level up with what we receive from Christ

Notes:

---



---

3. Banking on the Source: The Holy Spirit (Romans 8:9-11)

- a. The Spirit is \_\_\_\_\_
- b. The Spirit is \_\_\_\_\_
- c. The Spirit is \_\_\_\_\_
- d. The Spirit is \_\_\_\_\_
- e. The Spirit is \_\_\_\_\_

Notes:

---



---

One last thought.....

What does happiness mean to you now?

What does joy mean to you now?