

Joy & Peace

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

Object Lesson: Bring a fresh batch of chocolate chip cookies or substitute with something appealing to young people. Keep the cookies in sight while reading through Joy, Peace, and Happiness definitions.

Noah Webster's 1828 Dictionary
JOY, noun

1. The passion or emotion excited by the acquisition or expectation of good; that excitement of pleasurable feelings which is caused by success, good fortune, the gratification of desire or some good possessed, or by a rational prospect of possessing what we love or desire; gladness; exultation; exhilaration of spirits.
2. Gayety; mirth; festivity.
3. Happiness; felicity.
4. A glorious and triumphant state.
5. The cause of joy or happiness.
For ye are our glory and joy 1 Thessalonians 2:19.
6. A term of fondness; the cause of you.

HAP'PINESS, noun [from happy.] The agreeable sensations which spring from the enjoyment of good; that state of a being in which his desires are gratified, by the enjoyment of pleasure without pain; felicity; but happiness usually expresses less than felicity, and felicity less than bliss. happiness is comparative. To a person distressed with pain, relief from that pain affords happiness; in other cases we give the name happiness to positive pleasure or an excitement of agreeable sensations. Happiness therefore admits of indefinite degrees of increase in enjoyment, or gratification of desires. Perfect happiness or pleasure unalloyed with pain, is not attainable in this life.

PEACE, noun [Latin pax, paco, to appease.]

1. In a general sense, a state of quiet or tranquillity; freedom from disturbance or agitation; applicable to society, to individuals, or to the temper of the mind.
2. Freedom from war with a foreign nation; public quiet.
3. Freedom from internal commotion or civil war.
4. Freedom from private quarrels, suits or disturbance.
5. Freedom from agitation or disturbance by the passions, as from fear, terror, anger, anxiety or the like; quietness of mind; tranquillity; calmness; quiet of conscience.
Great peace have they that love the law. Psalms 119:165.
6. Heavenly rest; the happiness of heaven.
7. Harmony; concord; a state of reconciliation between parties at variance.
8. Public tranquillity; that quiet, order and security which is guaranteed by the laws; as, to keep the peace; to break the peace

Peace is an effect of believing and trusting God. Peace brings freedom from worry or fear. Peace gives calm when the storm rages around us. Peace chooses to trust when there is every

reason to worry. Peace remembers God's greatness and our littleness. Peace acknowledges the One with the ultimate plan. God gives peace through His comforter when we seek Him.

Happiness differs from joy. Happiness is based on or the result of the circumstances surrounding a person. Happiness can be a choice, but generally is temporary. Joy, a gift from God, is received when a sinner repents and humbles themselves before the Lord. Joy also fills a heart when a person loves and serves others more than themselves. The hope of the joy ahead strengthens a believer, allowing them to face trials and temptations, knowing that the work happening in their heart draws them closer to the Lord.

Object Lesson: (Pass out the chocolate chip cookies to each student. After discussing the lesson, clarify with students that this was an example and that God isn't really dishing out chocolate chip cookies.)

To give a simple illustration, happiness is eating a fresh, chocolate chip cookie. Joy is knowing the cook, the ultimate giver of the eternal chocolate chip cookies, who wants us to have the eternal chocolate chip cookies and has given directions on how to obtain the eternal chocolate chip cookies, so the difficulties and hard times we go through will eventually bring us to stand before the cook and He will grant us eternal chocolate chip cookies.

Study:

Peace-

Romans 15:13 God fills with joy and peace.

Mark 4:36-41 ...where is your faith?

John 14:27 Peace I leave with you...

Mosiah 8:51-54 ...the founder of peace

Alma 8:9-11 repentance brings peace

Joy-

Psalm 5:11 We should be joyful

Psalm 51:8 Joy comes from repentance

Luke 15:7 Joy in heaven when a sinner repents

John 15:10-14 Joy comes from loving others as Christ commanded us.

Acts 13:52 Holy Ghost fills with joy and helps through trials

Romans 14:17 Kingdom of God is...righteousness, peace and joy in the Holy Ghost.

Hebrews 12:2 The hope of the joy ahead helped Christ endure the trial of the cross.

James 1:2 Face temptation with joy with the knowledge of the work it will do within the heart.

2 Nephi 1:115 Man created to have joy

Mosiah 2:13-23 Joy comes from remission of sins

Application:

1. After reading the definitions and scriptures related to joy and peace, summarize your understanding of the concepts of joy and peace. How would you explain joy or peace to a friend?
2. Find a spiritual mentor or believer and explain to them your understanding of joy and peace. Ask them to check your understanding. "Does this my summary make sense to you?" "Is there anything you would add to this description?" Ask them about their understanding of the concepts of joy and peace or their personal experience with the topic.