


Scriptures from New International Version unless noted

## The Glass

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.*

Philippians 4:4-9

*Rejoice with those who rejoice; mourn with those who mourn.*

Romans 12:15

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

Romans 8:28

*"Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow."*

James 1:2-4 NLT

*They called the apostles in and had them flogged. Then they ordered them not to speak in the name of Jesus, and let them go. The apostles left the Sanhedrin, rejoicing because they had been counted worthy of suffering disgrace for the Name.*

Acts 5:40-41

**Happy:**
**"Fortunate, lucky, cheerful, characterized by or indicative of pleasure..."**
-Random House College Dictionary

**"Happy" defined this way is dependent on our circumstances.**

**Joy:**
**True contentment and serenity that comes from internal factors.**

**Joy is not dependent on our circumstances.**

*Rejoice in the Lord always. I will say it again: Rejoice!*

Philippians 4:4

*I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.*

Philippians 4:12

*"I am the happiest man alive. I have that in me that can convert poverty to riches, adversity to prosperity, and I am more invulnerable than Achilles; fortune hath not one place to hit me."*

- Sir Thomas Browne

**The Happiness Paradox**

*I will never be happy if the ultimate goal of my life is for me to be happy.*

*Happy is one of those things that comes only as a byproduct*
*when we're pursuing something bigger – a meaningful life.*