

## JOY IS BETTER THAN HAPPINESS

January 10, 2026

### Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Philippians 4:4-9

### Memory Verse

<sup>22</sup> God's Spirit makes us loving, happy, peaceful, patient, kind, good, faithful, <sup>23</sup> gentle, and self-controlled. There is no law against behaving in any of these ways.

Galatians 5:22-23



# CASEY'S DAY

written by Ron VandenBurg  
illustrated by Chad Thompson



What do you really want? Maybe a puppy or the latest video game? Most people say what they really want is just to be happy! But what does it really mean to be happy? Galatians 5:22-23 says that God's Spirit makes us happy. Some Bibles use the word "joy" instead. (And I like that better!) But what's the difference between happiness and joy?

Happiness is a feeling we get when something good happens, like playing with a friend or going on a fun trip. But joy is different. It's something we choose every day with God's help. It's a tool we use when we feel sad or scared. Maybe you've heard people say that the joy of the Lord is our strength. That means choosing joy can help us feel strong, even when things are tough.

Joy isn't just a feeling; it's knowing that God is always good and working in our lives. Even on bad days, our joy doesn't disappear because God never changes. We can always have joy when we obey God and trust

his love! Joy reminds us that Jesus is with us, helping us through any hard times.

Philippians 4:4 says, “Always be glad because of the Lord! I will say it again: Be glad.” This isn’t just a suggestion. It’s something God wants for us because he knows joy can bring light even in the darkest times.

## Prayer

God, thank you for being the source of our joy. Help us choose joy every day. Thank you for being with us even when things are tough. The joy of the Lord is our strength. Amen.

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*written by Ron VandenBurg*

<https://kidscorner.net/devotions/joy-is-better-than-happiness>  
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