

## Joy versus Happiness

Many may argue that there can be joy in the workplace with or without God. I have pondered over this for some time. The outcome being that it depends on how we define 'joy'.

Is joy laughter, fun, running down the hallway uncontrollably because of some good news? Maybe for some it is, but for me that is external *happiness* stirred by emotions due to highs that do bless our days but may or may not last once the stimuli are gone.

On the other hand, I see *joy* as something more internal. With joy, there can be laughter, dance, etc. but it is more internal meaning that this feeling will last with or without external stimuli.

I like this explanation of *joy* and *happiness*. I think it was Socrates but not sure:

*“Happiness is about the self's pleasure. Happiness may dwell on materialistic, worldly pleasure while joy is derived from soul satisfying, emotional well-being. While happiness comes from outside things, joy is about inner self.”*

I also embrace the scripture:

*“The joy of the Lord is your strength” (Nehemiah 8:10).*

Throughout this Joy-at-Work journey, I have also come to the conclusion that inner *joy* comes from realizing our *purpose* and purpose comes from God. So, while I have seen the Joy-at-Work (JAW) culture create lots of happiness that lasted for a while, those who embraced JAW by finding purpose through God was more sustainable, more lasting.

The pillars of JAW: Love, Respect and Support when expressed from the inside out – is more sincere and solid.

*Love, Dale*

