Galatians 5:22-23 But the fruit of the Spirit is **love**, **joy**, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law [we can't do works to experience them; we study and the Holy Spirit gives us understanding so we can experience them].
God has perfect happiness, or joy. God wants us to know and have His happiness or joy. Having God’s happiness doesn’t mean we won’t suffer or go through difficulties. It doesn’t mean that we will always go around with a smile on our face. It does mean that through the power of the Holy Spirit and God’s thinking in our minds, we can be content while going through anything! Knowing for sure that God always wants His best for us we can relax and let Him grow us in the understanding and experience of His joy!

John 15:8 “My Father is glorified by this, that you bear much fruit, and so prove to be My disciples.”

John 15:11 “These things I have spoken to you so that My joy may be in you, and that your joy may be made full.”
God the Father gave the most precious thing He had - His Son - to be our Savior! This was so we could have His joy! The Father knew that Jesus Christ was the only One who could pay the penalty for sin! He knew that Jesus would trust Him, obey His will and pay the penalty for sin while on the cross. The Father knew that Jesus would become our Savior because of the joy set before Him - knowing that believers would go to heaven and live with God forever! What joy! What happiness! What contentment! We are God’s children! He wants us to learn about Him, trust Him, and live in His joy!

Hebrews 12:2  Fixing our eyes on Jesus [be concentrating on Jesus], the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and He sat down at the right hand of the throne of God.
In order to learn more about God’s joy, we need to learn His word, His thinking, through the power of the Holy Spirit!

Hebrews 4:12 For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

God’s thinking helps us through our problems. When we use His thinking, we aren’t focusing on ourselves. We focus on the Lord Jesus Christ and others. We have relaxed mental attitudes. We have God’s happiness, +H; we have contentment; we have joy!

Romans 15:13 Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.
We can express God’s joy, or happiness, with our friends. We can share our contentment which the Holy Spirit has given us by teaching us God’s word. Having relaxed minds because of divine viewpoint, God’s thinking, we can have meaningful conversations with them. We sometimes need to encourage them and sometimes they need to encourage us. This can be done with a joyful heart! This shows true love!

Proverbs 15:23 A man has joy in an apt answer. And how delightful is a timely word.
However, we are not to be too occupied with our friends. We are not to think more of them than we do of the Lord Jesus Christ. We need to be occupied with the Lord Jesus Christ and His thinking. We need to learn about Him every day! Then we will be joyful and able to express God's happiness; and we can have a good time with our friends.

1 Peter 1:8-9 And though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, obtaining as the outcome of your faith the salvation [deliverance] of your souls.
True joy, or happiness, comes from spiritual wealth. Spiritual wealth is knowing God’s word from the Bible and being able to use it in our spiritual life. Satan wants us to think material wealth is important. He wants us to think that being popular, being good in sports and our studies, having name brand clothes, the newest toys, and other material things will make us happy. WRONG! Material things will make us happy for a little while, but the joy won’t last. Remember, Satan is the father of lies. True and lasting joy comes from thinking the way the Lord Jesus Christ thinks. It is a supernatural gift from God the Holy Spirit. When we have God’s happiness, we can enjoy whatever he gives us; He wants to give us abundant, lasting joy!

1 Timothy 6:17 Instruct those who are rich in this present world not to be conceited [arrogant, think to highly of themselves] or to fix their hope on the uncertainty of riches, but on God, who richly supplies us with all things to enjoy.
When we rely on the power of the Holy Spirit and the thinking of the Lord Jesus Christ we will have something of true value - joy, or the happiness of God. Anything that is of true value is valuable in troubled times as well as in good times. Learning, believing, and using God’s word from the Bible can get us through troubled times and good times. We can have a relaxed mental attitude through both. We can be content. Oh joy!

Romans 15:13 Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.
Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law [we can’t do works to experience them; we study and the Holy Spirit gives us understanding so we can experience them].