

Comparison Chart

Happiness

Joy

Meaning	Happiness is an emotion in which one experiences feelings ranging from contentment and satisfaction to bliss and intense pleasure.	Joy is a stronger, less common feeling <u>than</u> happiness. Witnessing or achieving selflessness to the point of personal sacrifice frequently triggers this emotion. Feeling spiritually connected to a god or to people.
Causes	earthly experiences, material objects	Spiritual experiences, caring for others, gratitude, thankfulness
Emotion	outward expression of elation	inward peace and contentment
Time frame	temporary, based on outward circumstances	lasting, based on inward circumstances
Example	In the midst of life's ups and downs happiness is still present.	Serving others, sometimes