A dramatic night scene with a bright light source, possibly the moon or a star, creating a strong lens flare effect. The light is positioned in the upper right corner, casting a bright glow across the sky and illuminating the landscape below. The landscape is dark and hilly, with a few scattered trees and rocks. In the foreground, a flock of sheep is visible, and a shepherd is standing among them, looking towards the light. The overall mood is serene and contemplative.

Luke 2:8-11 (ESV) And in the same region there were shepherds out in the field, keeping watch over their flock by night.

Gen 46: 34bfor every shepherd is
an abomination to the Egyptians.”

Social status-tax collectors ,dung
sweepers

Forbidden to buy wool or milk
from them..stolen goods

Mishnah-not obligated to rescue
shepherds fallen into a pit

Jeremias-no civil rights..not
witnesses



INVISIBLE PEOPLE




Not seen

Don't matter

No Value

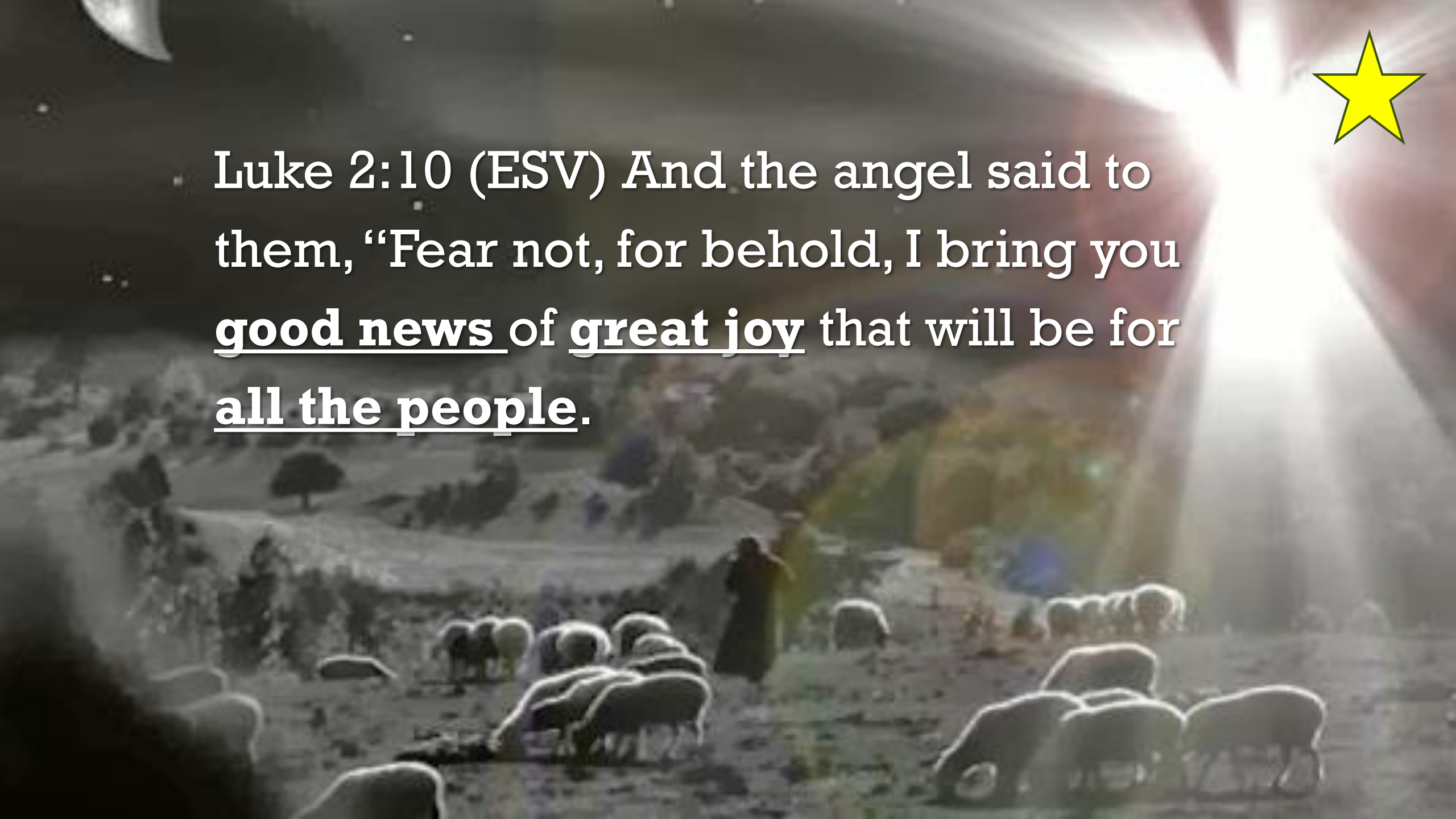
Forgotten

A dramatic scene depicting a shepherd in a dark, flowing robe standing in a field with several sheep. The sheep are white and woolly, some facing the shepherd. The background is a dark, hilly landscape with sparse trees. A massive, brilliant light source, possibly the sun or a divine manifestation, is positioned in the upper right corner, casting a powerful, warm glow across the entire scene. The light creates a strong lens flare and illuminates the shepherd and the sheep. A bright yellow five-pointed star is superimposed on the light source in the top right corner.

Luke 2:9 And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with great fear.



Luke 2:10 (ESV) And the angel said to them, “Fear not, for behold, I bring you good news of great joy that will be for all the people.





"the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires"

Miriam Webster



**OH WHAT A FEELING
TOYOTA**

Get this





TOYOTA



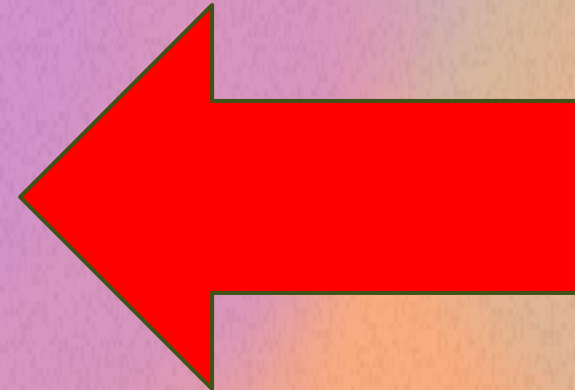
oh what a *feeling!*

npr

Joy Generator

Feeling blah? Science shows you can boost happiness by taking time for small moments of delight. We've got ideas to try out right now. So let's play!

Click for joy!



[crackling fire]

Sounds, memories and images from earlier chapters in our lives can evoke powerful feelings of nostalgia.

Play this soundscape and see if any particular feelings or memories come up for you.



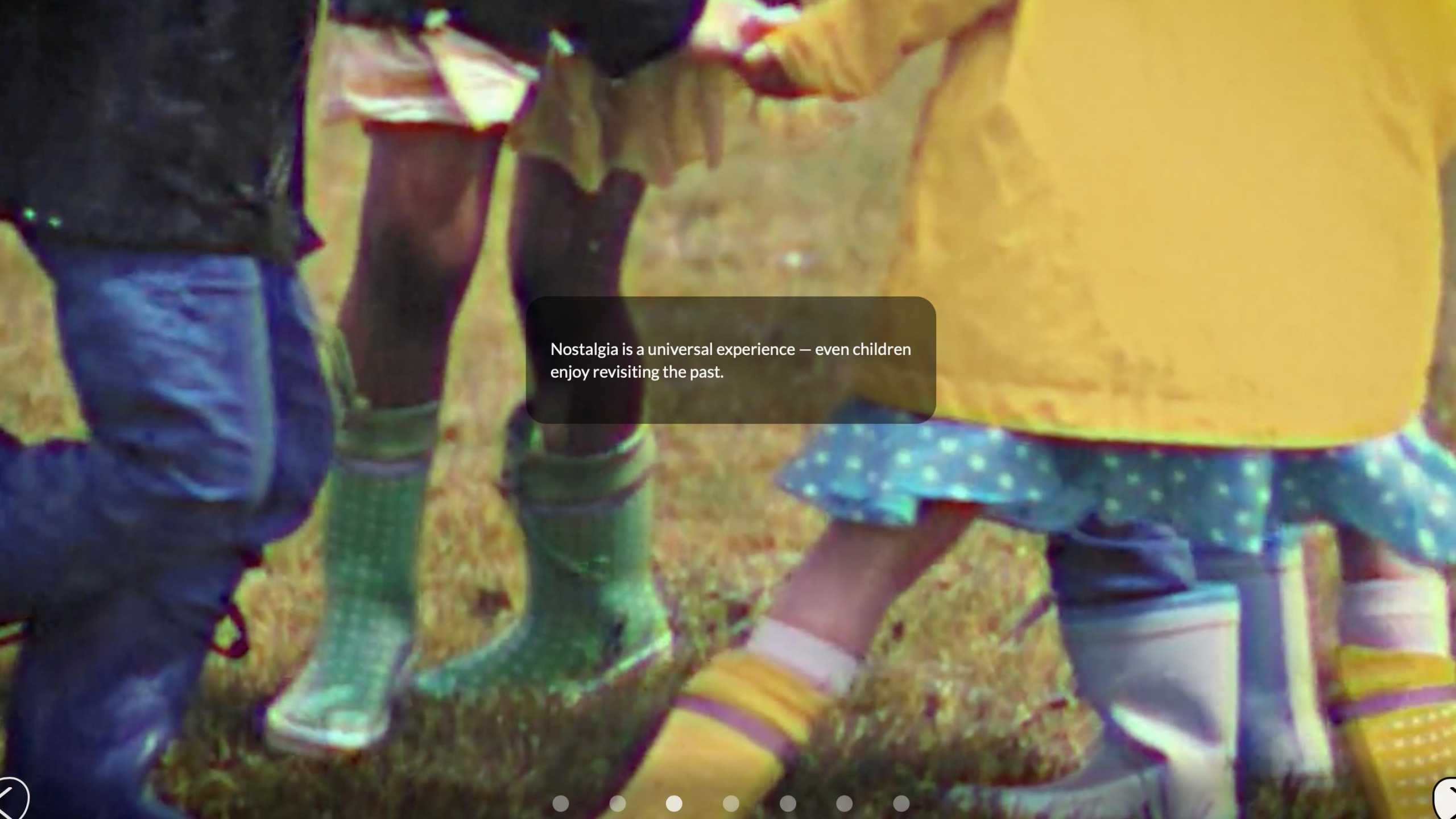
Let's Reminisce

How looking back makes us feel connected

 *Headphones recommended*

☒ Autoplay video



A close-up, low-angle shot of children's legs and feet in colorful rain boots (green, yellow, and blue with white polka dots) stepping on a wet, reflective surface. The scene is dimly lit, suggesting it is raining or dusk. A semi-transparent dark box with white text is centered over the image.

Nostalgia is a universal experience — even children
enjoy revisiting the past.

Here, turn up the sliders to mix your own natural
soundscape and relax.



WIND



STREAMS



FROGS



BIRDS



ENDORPHINS





OXYTOCIN



WHAT DETERMINES HAPPINESS

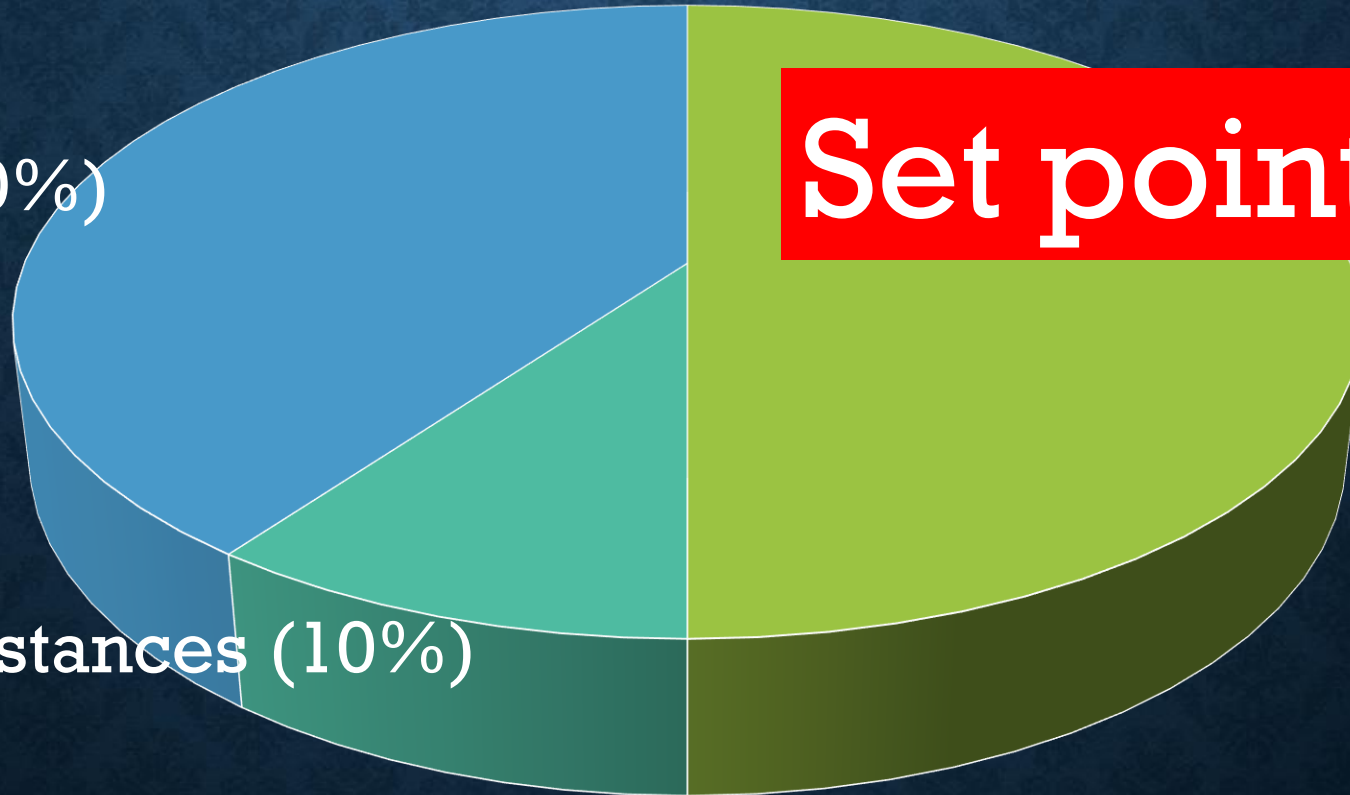
Percentage

Intentional
Activities (40%)

Circumstances (10%)

Set point (50%)

■ Set Point ■ Circumstances ■ Activities intentional



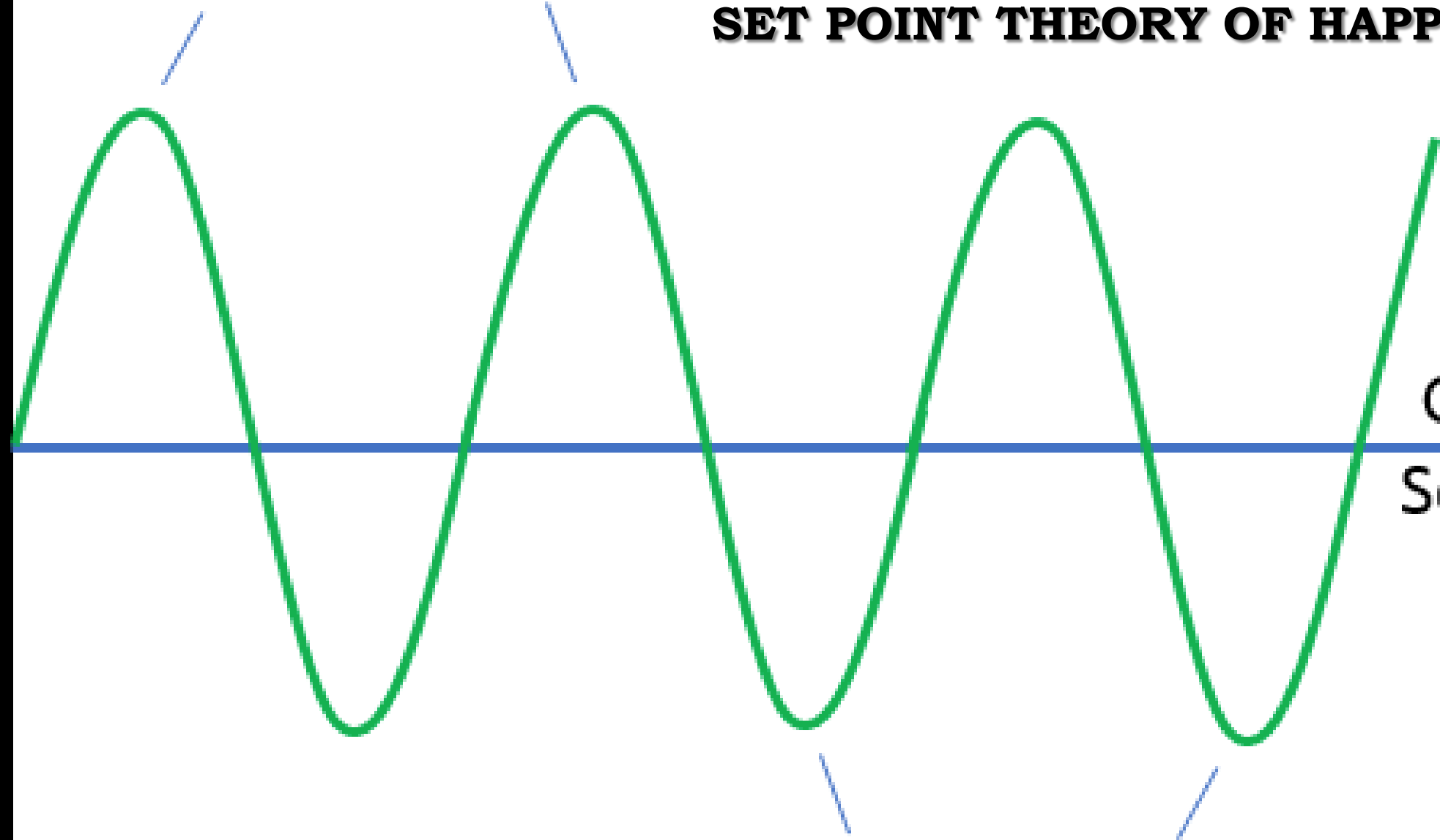
SET POINT THEORY OF HAPPINESS

HAPPINESS

Good Circumstances

Genetic
Set-Point

Bad Circumstances





Is Efficiency Overrated?: Minimal Social Interactions Lead to Belonging and Positive Affect Gillian et al *Social Psychological and Personality Science* 2014




Prof Elizabeth Dunn

Survey of 200,000 people all over the world

1/3 of those surveyed gave money away in the last month

Every region showed people who gave to charity were happier than those who did not even controlling their person financial situation




Luke 2:10 (ESV) And the angel said to them, “Fear not, for behold, I bring you good news of great joy that will be for all the people.

Mega joy



1 Peter 1:8-9 (ESV) Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, 9 obtaining the outcome of your faith, the salvation of your souls.

A close-up portrait of a Black man with a short beard and mustache, wearing dark sunglasses and a light-colored button-down shirt. He is looking slightly to the right. The background is a warm, out-of-focus interior with a potted plant visible on the right.

How do you
describe the
colour of gold to a
blind man





Isaiah 55:12 (ESV) For you shall go out in joy and be
led forth in peace;

the mountains and the hills before you shall break
forth into singing, and all the trees of the field shall
clap their hands.

Isaiah 55:13 Instead of the thorn shall come up the cypress;



Isaiah 55:13 ..instead of the brier shall come up the myrtle;



OUR JOY IN THE LORD

Isaiah 55:13 Instead of the thorn shall come up the cypress; instead of the brier shall come up the myrtle; and it shall make a name for the LORD, an everlasting sign that shall not be cut off.”



JOY LIES IN GOD

Psalms 37:4 (ESV) Delight yourself in the LORD, and he will give you the desires of your heart.

Psalms 16:11 (ESV) You make known to me the path of life; in your presence there is fullness of joy;
at your right hand are pleasures forevermore.

Does Increased Sexual Frequency Enhance Happiness?

Lowenstein G, Krishnamurti T, Kopsic J and McDonald D

J of Economic Behaviour and Orgainsation Vol 116 Aug 2015 P 206-218



Naomi Osaka: 'It's O.K. Not to Be O.K.'

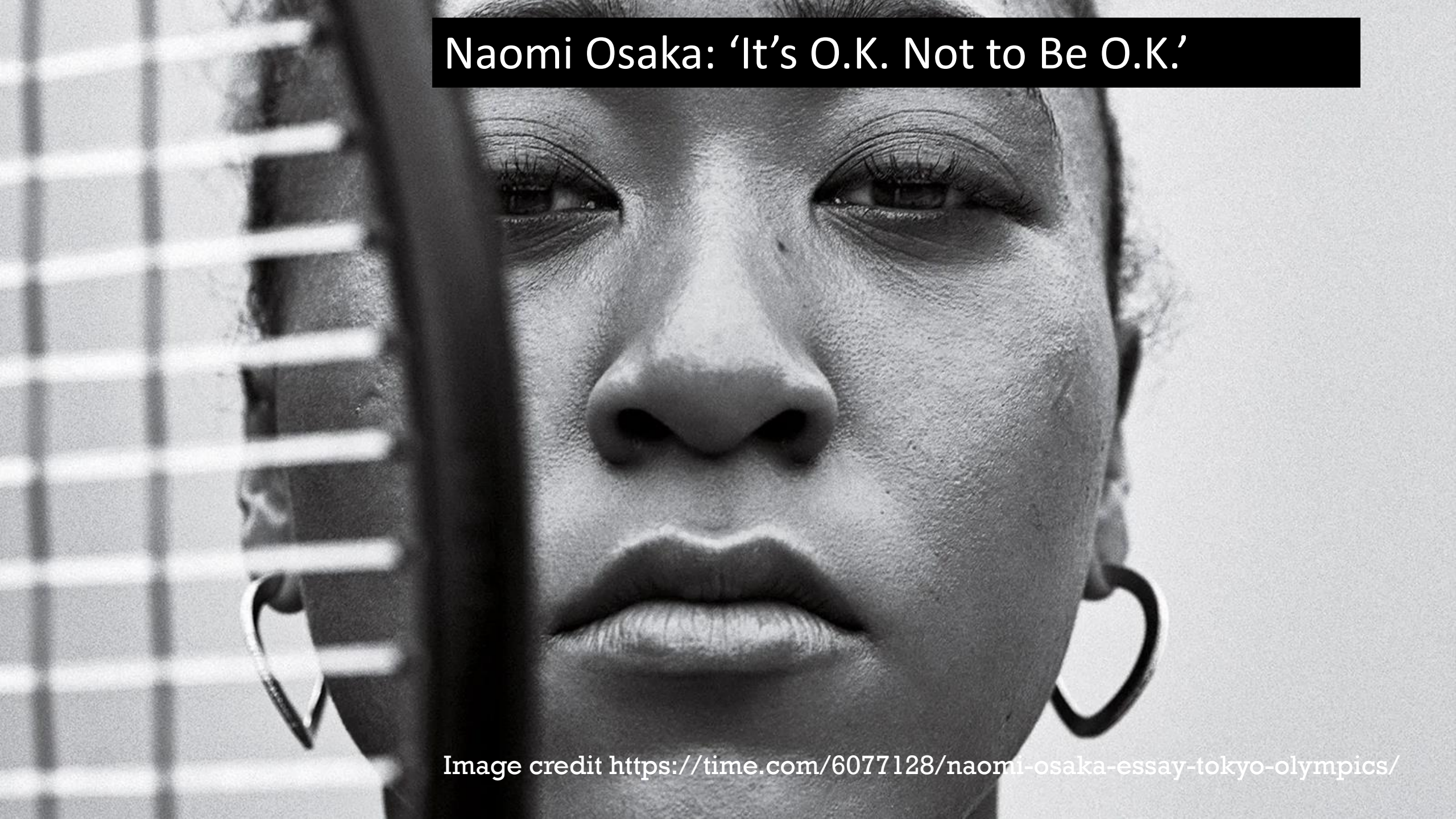


Image credit <https://time.com/6077128/naomi-osaka-essay-tokyo-olympics/>

FAKE JOY BROKEN CISTERNS



Jeremiah 2:12 Be appalled, O heavens, at this; be shocked, be utterly desolate, declares the Lord,
13 for my people have committed two evils: they have forsaken me, the fountain of living waters,
and hewed out cisterns for themselves, broken cisterns that can hold no water.

SAMARITAN WOMAN AT THE WELL



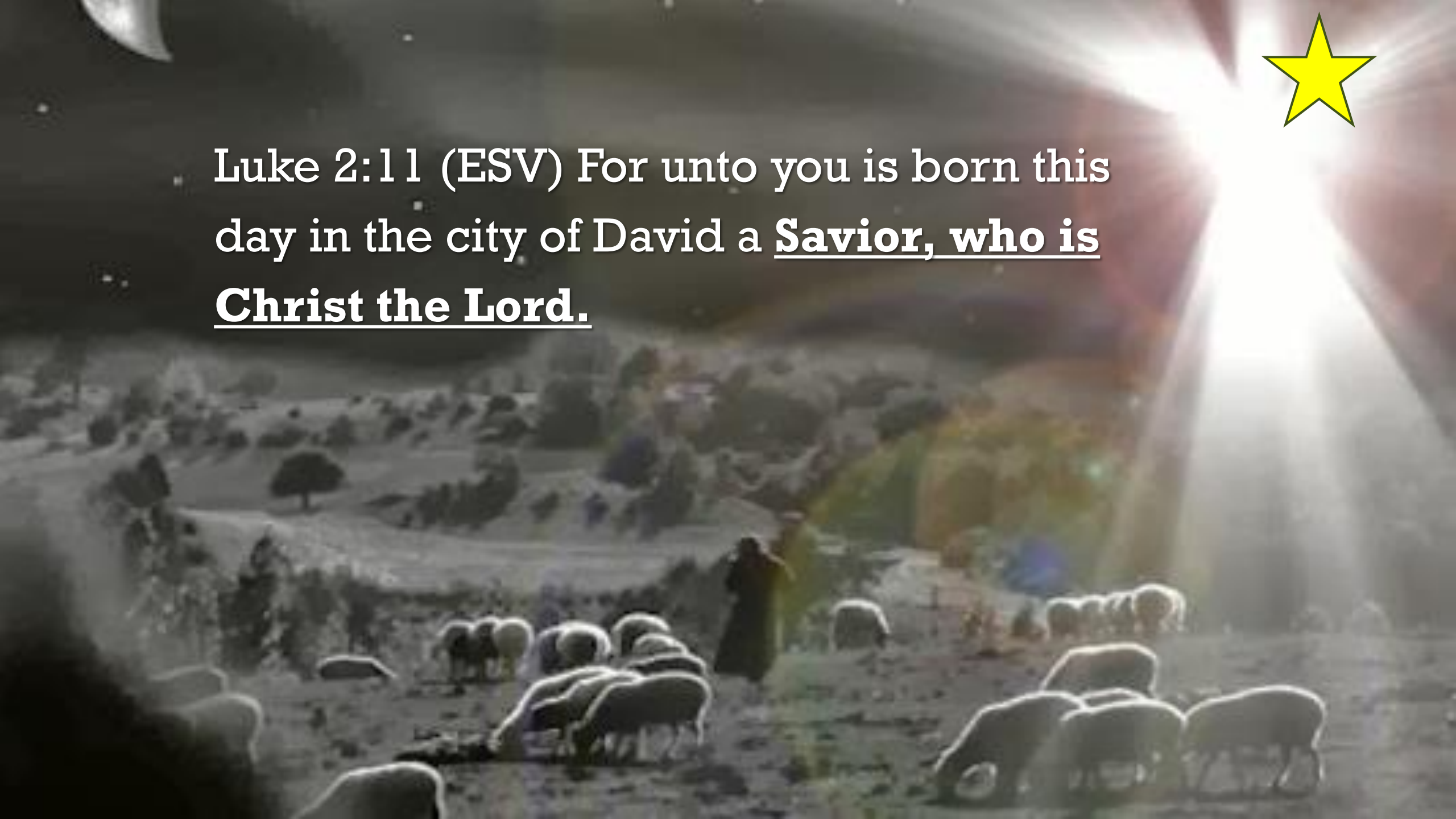


GIFT OF THE HOLY SPIRIT

Galatians 5:22-23 (ESV) But the fruit of the Spirit is love, **joy**, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.



Luke 2:11 (ESV) For unto you is born this day in the city of David a Savior, who is Christ the Lord.





JOY COMES IN A PERSON



Saviour

Christ

Lord

Himage credit: <https://www.churchofjesuschrist.org/media/video/2011-10-0038-jesus-forgives-sins-and-heals-a-man-stricken-with-palsy?lang=eng>

MEGA JOY IS UNSEEN

If only I can walk
Paralysis emblematic of bigger problem





Matthew 1:21 (ESV) She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”



We believed them, and we schlepped everything we could carry," she said. "We still had great hope."





MEGA JOY IS PARADOXICAL

Isaiah 35:10 (ESV) And the ransomed of the LORD shall return and come to Zion with singing;
everlasting joy shall be upon their heads;
they shall obtain gladness and joy,
and sorrow and sighing shall flee away.





YOU CANNOT SEE THE JOY UNLESS YOU FEEL THE PAIN

JOY OF THE PARDONED



The pain of 40 years in jail



Iranian inmate on death row pardoned by victim's family,

POLICE



JOY



Luke 10:20 (ESV) Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven.”



MEGA JOY IS THE GIFT OF THE HOLY SPIRIT

Galatians 5:22-23 (ESV) But the fruit of the Spirit is love, **joy**, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.



MEGA JOY TRANSCENDS CIRCUMSTANCES

James 1:2-4 (ESV) Count it all joy, my brothers, when you meet trials of various kinds, 3 for you know that the testing of your faith produces steadfastness. 4 And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.



JOY IS ASPIRATIONAL

Matthew 25:21 (ESV) His master said to him, 'Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.'



Hebrews 12:2 (ESV) looking to Jesus, the founder and perfecter of our faith who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.



DESCRIPTION OF CREATION

Proverbs 8:29-30 (ESV) when he assigned to the sea its limit, so that the waters might not transgress his command, when he marked out the foundations of the earth, 30 then I was beside him, like a master workman,



JOY IS ULTIMATE PURPOSE OF CREATION

Proverbs 8:30-31 (ESV) and I was daily his
delight rejoicing before him always,
31 rejoicing in his inhabited world and
delighting in the children of man.



GOD'S JOY

Proverbs 8:30-31 (ESV) and I was daily his
delight rejoicing before him always,
31 rejoicing in his inhabited world and
delighting in the children of man.



JOY COMES IN A PERSON

Saviour

Christ

Lord

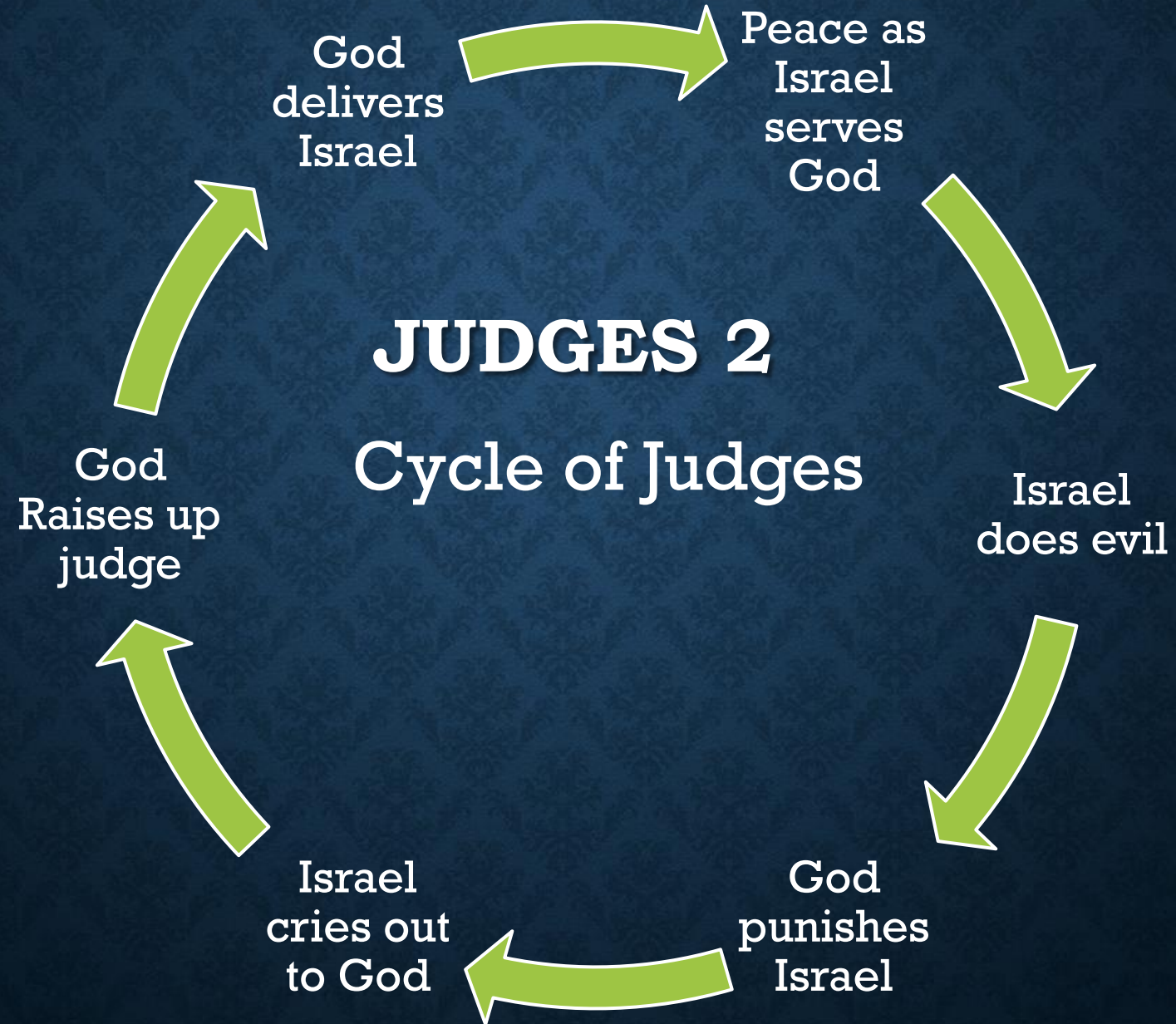


Abrahamic

Mosaic

Davidic

Covenant



JOY COMES IN A PERSON

Saviour

Christ

Lord







Christian joy is a good feeling in the soul, produced by the Holy Spirit, as he causes us to see the beauty of Christ in the word and in the world.

John Piper



MEGA JOY IS TRANSFORMATIONAL

Nehemiah 8:10 (ESV) Then he said to them, “Go your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the joy of the LORD is your strength.”

MEGA JOY IS TRANSFORMATIONAL



1 Corinthians 6:7-8 (ESV) To have lawsuits at all with one another is already a defeat for you. Why not rather suffer wrong? Why not rather be defrauded? 8 But you yourselves wrong and defraud—even your own brothers!

1 Corinthians 6:11 (ESV) And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.



MEGA JOY IS TRANSFORMATIONAL

Matthew 13:44 (ESV) The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then in his joy he goes and sells all that he has and buys that field.