$$J \longrightarrow J$$

$$-\frac{\lambda}{4!}$$

$$J \longrightarrow J$$

$$= J^4 \frac{1}{2!} \left(-\frac{\lambda}{4!}\right)^2 \frac{1}{6!} \left(\frac{1}{2m^2}\right)^6 \times \text{ numerical factor}$$

$$J \longrightarrow J$$

$$2 \text{ vertices} \quad 6 \text{ lines} \quad \boxed{\triangle}$$