**Joy**

**For you shall go out in joy,**

**the mountains and the hills before you shall burst into song.**

***(Isaiah 55:12)***

**I will greatly rejoice in the Lord  
and my soul shall be joyful in my God.  
(Isaiah 61:10)**

**Gladness of the heart is the life of a man,**

**and the joyfulness of a man prolongeth his days.**

***(Ecclesiasticus 30:22)***

**Let the heavens rejoice, and let the earth be glad; let the sea roar.**

**Let the field be joyful, and all that is therein:**

**Then shall all the trees of the wood rejoice.**

***(Psalm 96:11 & 12)***

**A merry heart doeth good like a medicine.**

***(Proverbs 17:22)***

**I have said these things to you so that my joy may be in you,**

**and that your joy may be complete.**

***(St. John 15:11)***

**Make my joy complete: be of the same mind,**

**having the same love, being in full accord and of one mind.**

***(Philippians 2:2)***

**Rejoice evermore.**

***(1 Thessalonians 5:16)***

**It's fun sometimes to play with an acronym. How about one for “JOY”? J*ourney* OfY*es!* (Rev. Edie Skalitzky, Unity Minister)**

**There are two things to aim at in life: first, to get what you want; and after that to enjoy it. Only the wisest of people achieve the second. *(Logan Pearsall Smith, in The Best of Bits & Pieces, p. 117)***

**Tranquil pleasures last the longest; we are not fitted to bear long the burden of great joys. *(Christian Nestell Bovee)***

**A man without mirth is like a wagon without springs, in which one is caused to jolt disagreeably by every pebble over which it runs. *(Henry Ward Beecher, clergyman and abolitionist)***

**The more I grow, the more I realize it’s about joy, not about perfection. (Beyonce, musician, on the Renaissance World Tour)**

**It's a big person who can laugh at himself with others and enjoy it as much as they do. *(Bits & Pieces)***

**He who bends himself to joy doth the winged life destroy; but he who kisses the joy as it flies lives in eternity’s sunrise. (William Blake)**

**All of the animals except man know that the principal business of life is to enjoy it. *(Samuel Butler)***

**Joy is the most infallible sign of the awareness of the presence of God. (Pierre Teilhard de Chardin)**

**One day I noticed that as our secretary was talking on the phone, her fingers were doing little leaps and twirls. When I asked her later what the hand movements were all about, she explained, I was doing a mini-dance of joy because Mr. Big Wig returned my call. *(Laurie Beth Jones, in Jesus, CEO, p. 273)***

**Find ecstasy in life; the mere sense of living is joy enough. *(Emily Dickinson)***

**Joy is the echo of God's life in us. *(Dom Joseph Marmion)***

**It is likely that some of the first self-help advice children learn comes from the animated film Snow White and the Seven Dwarfs. Encouraging her little friends to whistle while they work, Snow White sings, “When hearts are high the time will fly.” We know that when we express our joyful and whimsical side, our very mood can change. (Richard T. Hinz, in Portals of Prayer)**

**One of the sanest, surest, and most generous joys of life comes from being happy over the good fortune of others. *(Bits & Pieces)***

**The deeper that sorrow carves into your being the more joy you can contain. Is not the cup that holds your wine the very cup that was burned in the potter’s oven? (Kahlil Gibran)**

**The Sunday-school teacher, trying to impress the students with the joyous exultation of shouting Hallelujah, said, "What word do church members shout with joy?" "Bingo!" replied one youngster. *(Shelby Friedman, in Reader's Digest)***

**Joy is an inside job. *(Don Blanding)***

**A thing of beauty is a joy forever. *(John Keats)***

**My theory is to enjoy life, but the practice is against it. (Charles Lamb, essayist)**

**Joy is not something you take in from without, but something you let out from within you. Events merely give us an excuse to feel it. *(Richard & Mary-Alice Jafolla, in The Quest, p. 377)***

**Keep busy, and your life will be over before you know whether you’ve enjoyed it or not. *(Ashleigh Brilliant, in Pot-Shots)***

**For happiness one needs security, but joy can spring like a flower even from the cliffs of despair. *(Anne Morrow Lindbergh, in Locked Rooms and Open Doors)***

**The way to maximize your creativity is to cultivate as much inner joy as possible and give yourself all the permission you need to enjoy yourself fully. *(Dr. Harold Bloomfield)***

**Both the ancestry and posterity of Grief go further than the ancestry and posterity of Joy. (Herman Melville, in Moby Dick, 1851)**

**All I can say about life is, “Oh God, enjoy it!” *(Bob Newhart)***

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**In one New Testament concordance, there are 287 references to joy, gladness, merriment, rejoicing, delighting, laughing, etc. (Cal Samra, in The Joyful Christ , p. 67)**

**One concordance lists fifty-seven references to laughter in the Old Testament. And there are also countless references to joy, gladness, rejoicing, and happiness. Where there are joy and gladness, rejoicing and happiness, you almost always find laughter. (Cal Samra, in The Joyful Christ)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Joy is not the negation of pain, but rather the acknowledging the presence of pain and feeling happiness in spite of it. *(Lupita Nyong'o, actress)***

**Joy is the pulse of God. (Don Blanding)**

**When joy is put back into religion, there will be more religion in the world. (Charles Fillmore)**

**Comparison is the thief of joy. *(Theodore Roosevelt)***

**There is no cure for birth and death save to enjoy the interval. *(George Santayana)***

**Humanity's daily needs will be met in ways that are not now thought practical. We shall serve for the joy of serving, and prosperity will flow to us and through us in steams of plenty. *(Charles Fillmore, in Prosperity, p. 9)***

**With mirth and laughter let old wrinkles come. *(William Shakespeare)***

**This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. (George Bernard Shaw)**

**Great joys, like griefs, are silent. (Shackerley Marmion)**

**It's not how much we have, but how much we enjoy, that makes happiness. *(Charles Haddon Spurgeon)***

**Watch out for the joy-stealers: gossip, criticism, complaining, faultfinding, and a negative, judgmental attitude. (Joyce Meyer)**

**Joy seems to me a step beyond happiness -- happiness is a sort of atmosphere you can live in sometimes when you're lucky. Joy is a light that fills you with hope and faith and love. *(Adela Rogers St. John, in Some Are Born Great*)**

**If we keep looking to the people and events of our lives to supply us with joy, life becomes like a shooting gallery at a carnival where as soon as you succeed in knocking down one target, another one pops up! We can end up trying to shoot down one trial after another, never getting a breather and never getting a chance to relax and enjoy life right here, right now. *(Richard & Mary-Alice Jafolla, in The Quest, p. 376)***

**Don't surrender all your joy for an idea you used to have about yourself that isn't true anymore. *(Cheryl Strayed, memoirist)***

**The Divine Spirit does not reside in any except the joyful heart. *(The Talmud)***

**Studies show that since a person starts to feel better as soon as he starts crying, all tears are tears of joy. (Barbara Seuling)**

**Doctor to a man in his fifties who had just had his annual physical exam: “There’s no reason why you can’t live a completely normal life as long as you don’t try to enjoy it.” (Bits & Pieces)**

**Life is a place of service. Joy can be real only if people look upon their life as a service and have a definite object in life outside themselves and their personal happiness. (Leo Tolstoy)**

**When you touch the Christ of your being and can rest for a few moments in that sense of trust and peace which you find there, you automatically come away overflowing with joy. This feeling is totally spontaneous and, has nothing to do with what is happening in your life. *(Richard & Mary-Alice Jafolla, in The Quest, p. 378)***

**Grief can take care of itself; but to get the full value of a joy you must have somebody to divide it with. (Mark Twain)**

**We have been trained too long to strive and not to enjoy. *(John Maynard Keynes)***

**Joy is our goal, our destiny. We cannot know who we are except in joy. Joy is what happens when we allow ourselves to recognize how good things are. Joy is what happens when we see that God's plan is perfect and we're already starring in a perfect show. (Marianne Williamson, in A Woman’s Worth)**

**You must be very joyous and happy, because this is God's dream, and the little man and the big man are all nothing but the Dreamer's consciousness. *(Paramahansa Yogananda)***

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