

JOY

“The joy of the gospel fills the hearts and lives of all who encounter Jesus.” — Pope Francis

Psalm 16:11 “You will show me the path to life, abounding joy in your presence, the delights at your right hand forever.”

Nehemiah 8:10 “... do not be saddened this day, for the joy of the Lord is your strength.”

Zephaniah 3:17 “The Lord, your God, is in your midst, a mighty savior, who will rejoice over you with gladness, and renew you in his love, who will sing joyfully because of you!”

Psalm 118:24 “This is the day the Lord has made; let us rejoice in it and be glad.”

James 1:2-4 “Consider it all joy, my brothers, when you encounter various trials, for you know that the testing of your faith produces perseverance. And let perseverance be perfect, so that you may be perfect and complete, lacking in nothing.”

Romans 15:13 “May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.”

John 16:22 “So you also now are in anguish. But I will see you again, and your hearts will rejoice, and no one will take your joy away from you.”

Romans 12:12 “Be joyful in hope, patient in affliction, faithful in prayer.”

1Peter 1:8 “Although you have not seen him you love him; even though you do not see him now yet believe in him, you rejoice with an indescribable and glorious joy.”

Key Aspects of Catholic Joy

- **A Fruit of the Spirit:** True joy, alongside peace and love, stems from the active presence of the Holy Spirit.
- **Distinction from Happiness:** While happiness often depends on external circumstances, Catholic joy is a deep, abiding spiritual state.
- **Present in Suffering:** Joy is not the absence of trouble, but a trust in God during it. It is possible to have joy in trials, as demonstrated by the saints.

How to Cultivate Joy

- **Gratitude:** Focusing on blessings rather than hardships.
- **Surrender:** Trusting in God's plan rather than trying to control all outcomes.
- **Service:** Working for the good of others.
- **Prayer:** Regularly connecting with God through prayer.