

About Joy



Joy must be one of the hinges of our life.
It is the token of a generous personality.
Sometimes, it is also a cloak enveloping
a life of sacrifice and self-giving.
A person who owns this gift often reaches high peaks,
shining like a sun within a community.



A joyful heart is the inevitable result
of a heart burning with love.



Genuine joy, instead, is born of the healthy awareness
that we have done whatever was in our power to do.



Joy is love, the inevitable result of a heart burning with love.
Joy is a need and physical strength. If we are full of joy,
our lamp shall burn with the sacrifices made out of love.



Let no one ever come to you without leaving better and happier.
Be the living expression of God's kindness: kindness in your face, in your
eyes, in your smile.
Joy shines through your eyes, is revealed when you talk and walk. It cannot
be hidden within us. It spills over.
Joy is very infectious.



Joy is not only a matter of character,
it is always difficult to keep joyful:
therefore, try and attain joy,
so that it may grow in your hearts.



Joy is prayer; joy is strength; joy is love.
She or he gives best who gives with joy.



Always give a joyful smile to the children and the poor,

to those who suffer and are lonely;
give them your heart, not only your cares.



You may not be able to give much,
however, you can always give the joy
which pours from a heart full of love.



If you meet with difficulties at work and accept them
with joy, with a large smile, in this you will see,
besides many other things, your good deeds.
And accepting everything with joy
is the best way to show your thankfulness.



If you are full of joy, joy will shine in your eyes
and in your appearance, in your conversation
and in your contentment.
You will not be able to hide it because joy overflows.



Joy is very infectious.
Therefore, be always full of joy wherever you go.



May God return to you all the love you have given
or all the joy and peace you have sown around you,
from end to end of the world.



There is joy in being healthy and just, but, above all,
there is immense joy in serving.



You must experience unhappiness to understand joy,
doubt to understand the truth, death to understand life. Therefore, face and
embrace sadness when it comes.



We will never know how much good a simple smile can do.



Blessed Mother Teresa of Calcutta

Sources:

- ∞ Mother Teresa of Calcutta, *The joy in Loving*
- ∞ Wikiquote, *Aphorisms and quotes*, *online Encyclopedia*.