



O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. I will no longer be sorrowful and grieved; I will be a happy and joyful being. O God! I will no longer be full of anxiety, nor will I let trouble harass me. I will not dwell on the unpleasant things of life.

O God! Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord. — *'Abdu'l-Bahá*

*A prayer to begin with*



**J**oy gives us wings! In times of joy our strength is more vital, our intellect keener, and our understanding less clouded. We seem better able to cope with the world and to find our sphere of usefulness. But when sadness visits us we become weak, our strength leaves us, our comprehension is dim and our intelligence veiled. The actualities of life seem to elude our grasp, the eyes of our spirits fail to discover the sacred mysteries, and we become even as dead beings.

There is no human being untouched by these two influences; but all the sorrow and the grief that exist come from the world of matter—the spiritual world bestows only the joy!

—*'Abdu'l-Bahá*

**H**appiness is a state  
of mind and has nothing  
to do with the external  
world.

—*The Bhagavad Gita*



**M**ay the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.—*Romans 15:13*

**Y**ou make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.—*Psalms 16:11*

**T**he fullness of Joy is to behold God in everything.—*Julian of Norwich*

**T**he inner joy that every individual seeks, unlike a passing emotion, is not contingent on outside influences; it is a condition, born of certitude and conscious knowledge, fostered by a pure heart, which is able to distinguish between that which has permanence and that which is superficial. — *Universal House of Justice*



**P**raised be God that you have received the bounty of true joy, a spiritual condition that belongs to those who, irrespective of their material and social circumstances, strive to draw ever nearer to God and to understand and promote His Word; who are concerned with the prosperity of all people; who tread selflessly the path of justice and equity; and who allow no impediment, not even oppression or imprisonment, to deprive them of this inner joy. It is this state of true joy that stirs the heart, makes the spirit soar, increases human powers, strengthens the mind, creates hope, and kindles the flame of longing to take purposeful action for the common good. So it is that...

bringing joy to the hearts is among the most praiseworthy of deeds. — *The Universal House of Justice*

**F**or man can receive no greater gift than this, that he rejoice another's heart. — *Abdu'l-Bahá*

**W**hen you do things  
from your soul, you feel a  
river moving in you, a joy.

—*Rumi*

**S**ometimes your joy is the  
source of your smile, but  
sometimes your smile can be the  
source of your joy. —*Thich Nhat Hanh*





**G**enerosity brings happiness at every stage of its expression. We experience joy in forming the intention to be generous. We experience joy in the actual act of giving something. And we experience joy in remembering the fact that we have given. —*Buddha*

**J**oy increases as you give it, and diminishes as you try to keep it yourself. In giving it, you will accumulate a deposit of joy greater than you ever believed possible. —*Norman Vincent Peale*

**S**et your heart on doing good. Do it over and over again, and you will be filled with joy. —*Buddha*

**A**nybody can be happy in the state of comfort, ease, health, success, pleasure and joy; but if one will be happy and contented in the time of trouble, hardship and prevailing disease, it is the proof of nobility.

— *'Abdu'l-Bahá*



**S**orrow not if, in these days and on this earthly plane, things contrary to your wishes have been ordained and manifested by God, for days of blissful joy, of heavenly delight, are assuredly in store for you. Worlds, holy and spiritually glorious, will be unveiled to your eyes. You are destined by Him, in this world and hereafter, to partake of their benefits, to share in their joys, and to obtain a portion of their sustaining grace. To each and every one of them you will, no doubt, attain. — *Bahá'u'lláh*

**I** call on Thee O Well-Guarded One, O Lord of Joy, O Desired One! Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One! — *Bahá'u'lláh*

# Questions for Discussion

1. How does being in a state of joy enhance our capabilities and capacities?
2. With this in mind, how can we invite joy into our lives?
3. What role does gratitude and being grateful have in creating joy in our lives?
4. What role does service and generosity have in creating joy in our lives?
5. Is joy an inner state or one dependent on external realities? Is joy the same as the emotion of happiness?
6. What role does prayer and meditation play in achieving and maintaining a state of joy?