



You should know this



Very often, discontent, sadness, sorrow, rage and disappointment determine our daily life and steal from our soul the strength to experience joy. If we observe how a small child expresses his light-hearted happy joy through his sparkling eyes, singing, jumping and dancing at the smallest occasion reason, we become aware of how pleasant a cheerful disposition is.

So to speak, the true joy is the sister of happiness. It builds on the same spiritual foundations and differs clearly in its nature from the ripped joy, the sensual pleasures or the cheap joy, which are mostly experienced at other people's expense. Therefore, take to heart the faith supplement from July 2006 "Winning happiness" as a foundation to find joy.

How can I prompt the joy within me?

Joy cannot be ordered, however, there are clear ways on how to achieve it. In the beginning, there's gratitude. It is the strongest source to get joy. I have been given life as an immeasurable gift. Thanks to this gift, I can come closer to God and find the way back to heaven. "You are never done thanking, because joy is present in the smallest thing. One is never done thanking if one has knowledge of the purpose", Maria Nels wrote.

From awakening to falling asleep we sharpen our senses consciously towards the good, true, beautiful and holy: By looking at noble images, listening to good music, pursuing a meaningful hobby, working for God's glory, practicing love of neighbour in thoughts, words, deeds and in earnest prayer my soul is nourished, strengthened and fulfilled. Thus, I try to avoid all that is negative and what cannot be avoided, I try to transform into something good with help from the angels, earnest prayer and forgiveness.

Bricks to joy

Draw a wall made of single bricks in the shape of a pyramid into your faith notebook. With help from the text above, think about how the foundation of joy builds up.



Testimonies of joy

Great saints and artists have expressed their joy in words, sound and vision in a lasting way, e.g. in the Canticle of the Sun by Saint Francis, in compositions from Bach (e.g. "Jauchzet, frohlocket!" from the Christmas Oratorio), Mozart (e.g. "Eine kleine Nachtmusik") or Beethoven (Ode to Joy), or among others also through the enlightening pictures in the book "Great mysteries of our faith" that can be used for praying the rosary.

Collect such testimonies in your own library and take them to heart regularly.

Through the cross there is salvation and comfort

If you are sad, stand before the cross and contemplate Jesus on the cross. Thinking of his infinite sorrow and connecting with his pains, let his infinite love flow to you abundantly. You then become calm and content.

Provide for quietness and order in your life

Manage your time well (see insert December 2001). Keep order with everything. Allow yourself enough sleep. Make sure that you come to rest within yourself. Plan and enjoy a daily time of rest.

Daily reflexion

End your day with a short recollection and ask God for forgiveness. Before falling asleep already think of something upcoming that you are looking forward to. If there's something difficult ahead of you, ask your angels for help and envision that you can master it well with God's help. Your faith can move mountains.

Purest sources of joy

Read the Holy Scripture and the "Benedicite". Connect yourself with the heavenly beings through daily prayer and often attend Holy Mass often. Thus, you collect treasures that fill your heart with joy.

Ode to Joy

Joy, beautiful spark of the gods,
daughter of Elysium!
We enter fire imbued,
heavenly, thy sanctuary.

Thy magic reunites those
whom stern custom has parted.
All men will become brothers
under thy gentle wing.

Joy is the called the strong feather
in the eternal nature.
Joy, joy drives the wheels
in the large world clock.

It lures flowers from the germs,
suns from the firmament
It rolls spheres in the areas,
unseen by the mortal eye.

F. Schiller / L. v. Beethoven