

CHEERFULNESS

<p>1 <i>A piece of advice on which I have insisted repeatedly: be cheerful, always cheerful. It is for those to be sad who do not consider themselves to be sons of God.</i> <i>St. Josemaria</i></p>	<p>2 Laugh and grow strong. <i>St. Ignatius of Loyola</i></p>	<p>3 Christian cheerfulness is that modest, hopeful, and peaceful joy which springs from charity and is protected by patience. It is the well-regulated vigor of spiritual life that throws off all morbid humors and depressing influences, refusing them a lodgement in the soul devoted to God. <i>Archbp. Ullathorne (19th c.)</i></p>	<p>4 <i>"No one can put up with the gloomy and disagreeable man all day long." Thus a person is bound, by a certain natural debt in decency to get along amicably with others.</i> <i>St. Thomas Aquinas (quoting Aristotle)</i></p>	<p>5 The Christian should be an alleluia from head to foot. <i>St. Augustine</i></p>	<p>6 Everyone who wants to have progress in the spiritual life needs to have joy. <i>St. Thomas Aquinas</i></p>	<p>7 <i>WE MAY ALWAYS REJOICE. IF WE WILL ONLY KEEP OUR HEAD A LITTLE RAISED ABOVE THE FLOOD OF HUMAN THINGS.</i> <i>St. John Chrysostom</i></p>	<p>8 Clothe yourself with cheerfulness, which always finds favor with God and is acceptable to Him. <i>Shepherd of Hermas</i></p>
<p>9 Grant us, we beseech Thee, O Lord our God, ever to rejoice in devotion to Thee; because our happiness is perpetual and full, if we are continually serving the Author of all good. <i>Leonine Sacramentary, Collect (ca. 5th C.)</i></p>	<p>10 Let the brothers ever avoid appearing gloomy, sad, and clouded, like the hypocrites; but let one ever be found, joyous in the Lord, gay, amiable, gracious, as is meet. <i>St. Francis of Assisi</i></p>	<p>11 * * * * * WHOEVER POSSESSES GOD IS HAPPY. * * * * * <i>St. Augustine</i></p>	<p>12 GOD LOVES A CHEERFUL GIVER. <i>II Cor. 9:7</i></p>	<p>13 <i>Leave sadness to those in the world. We who work for God should be lighthearted.</i> <i>St. Leonard of Port Maurice</i></p>	<p>14 ON NO ACCOUNT GIVE WAY TO SADNESS, THE ENEMY OF DEVOTION. <i>St. Francis de Sales</i></p>	<p>15 Jesus loves a cheerful heart. He loves persons who are always smiling. <i>St. Therese of Lisieux</i></p>	<p>16 <i>The soul of one who loves God always swims in joy, always keeps holiday, and is always in a mood for singing.</i> <i>St. John of the Cross</i></p>

<p>17</p> <p><i>'For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy' (Lk 1:44) . . .</i></p> <p>This joy of Elizabeth reminds us of what a treasure a greeting is when it comes from a heart which is filled with God.</p> <p>How often the shadows of loneliness engulfing a soul can be blown away by the light and warmth of a smile, or of a pleasant word.</p> <p><i>John Paul II</i></p>	<p>18</p> <p>IT IS ALWAYS SPRINGTIME IN THE HEART THAT LOVES GOD.</p> <p><i>St. John Vianney</i></p> <p>I WILL HAVE NO SADNESS IN MY HOUSE.</p> <p><i>St. Philip Neri</i></p> <p>I WANT NO LONG FACED SAINTS.</p> <p><i>St. John Bosco</i></p> <p>A SAD SAINT IS A SORRY SAINT.</p> <p><i>St. Francis de Sales</i></p>	<p>19</p> <p>. . . the joy of life itself. the joy of honest and holy love. the joy of nature and silence. the austere joy to be found in dedicated work. the joy of a job well done. the transparent joy of holy purity. of sharing. of self-sacrifice . . . The Christian can purify, fulfill, and be identified with these joys. He cannot despise them. Christian joy is granted to those who understand natural joys.</p> <p><i>Paul VI</i></p>	<p>20</p> <p>If you really want to be a penitent soul – both penitent and cheerful – you must above all stick to your daily periods of prayer, which should be fervent, generous and not cut short. And you must make sure that those minutes of prayer are not done only when you feel the need, but at fixed times, whenever it is possible. Don't neglect these details. If you subject yourself to this daily worship of God, I can assure you that you will always be happy.</p> <p><i>St. Josemaria</i></p>	<p>21</p> <p>Technological society has succeeded in multiplying the occasions of pleasure, but finds great difficulty in giving birth to happiness. For happiness has its origins elsewhere: it is a spiritual thing. Money, comfort, hygiene, material security, etc., may often not be lacking, but nevertheless, despite these advantages, boredom, suffering and sadness are frequently to be found supervening in the lives of many people.</p> <p><i>Paul VI</i></p>	<p>22</p> <p>Every moment of every day I have the chance to choose between cynicism and joy. Every thought I have can be cynical or joyful. Every word I speak can be cynical or joyful. Every action can be cynical or joyful. Increasingly, I am aware of all these possible choices, and increasingly I discover that every choice for joy in turn reveals more joy and offers more reason to make life a true celebration in the house of the Father.</p> <p><i>Henri Nouwen</i></p>	<p>23</p> <p>Today humanity yearns especially for the gifts of joy and peace. It is our mission as believers, with the eloquence of love expressed in deeds, to become every day the prophetic ferment of a world reconciled by love and animated by divine joy. May the Blessed Virgin Mary, whom we honor as the "Cause of our joy" help us to be faithful to this mission. Who more than she experienced the closeness of the Lord, source of joy and peace? We now entrust ourselves to her maternal protection in order to be at all times, but especially now, credible witnesses of the joy of Christ.</p> <p><i>John Paul II</i></p>	<p>24</p> <p>Melancholy is the poison of Devotion. When one is in tribulation, it is necessary to be more happy and more joyful because one is nearer to God.</p> <p><i>St. Clare of Assisi</i></p>
<p>25</p> <p><i>Is it possible not to be in a state of continuous celebration during your earthly life? Far from us be any flagging of spirit because of poverty, sickness or the persecutions which oppress us. The present life is a time for celebrating.</i></p> <p><i>St. John Chrysostom</i></p>	<p>26</p> <p>BE MERRY, REALLY MERRY. THE LIFE OF A TRUE CHRISTIAN SHOULD BE A PERPETUAL JUBILEE, A PRELUDE TO THE FESTIVALS OF ETERNITY.</p> <p><i>St. Theophane Venard</i></p>	<p>27</p> <p><i>Keep then your spirits high, my daughter, and don't worry about me no matter what happens in this world. Nothing can happen to me that God does not want. And all that he wants, no matter how bad it may appear to us, is really for the best.</i></p> <p><i>St. Thomas More, writing from prison</i></p>	<p>28</p> <p>Never be downcast. For only one thing is fearful, and that is sin.</p> <p><i>St. John Chrysostom</i></p>	<p>29</p> <p>OFTEN A SINGLE WORD, A FRIENDLY SMILE, IS ENOUGH TO GIVE A DEPRESSED OR LONELY SOUL FRESH LIFE.</p> <p><i>St. Therese of Lisieux</i></p>	<p>30</p> <p>Thou sweet Hand of God givest joy to my heart, And grantest that in pain I play the jester's part.</p> <p><i>Blessed Crescentia Hoess</i></p>	<p>31</p> <p>Don't forget that sometimes one needs to have smiling faces around.</p> <p><i>St. Josemaria</i></p>	<p>Holy Mary, Cause of Our Joy, Pray For Us</p>

