Distrust your religion unless it is cheerful, unless it turns every act and deed to music and exults in attempts to catch the harmony of the new life.

Phillips Brooks

If there lurks in most modern minds the notion that to desire our own good and earnestly to hope for the enjoyment of it is a bad thing, I submit that this notion has crept in from Kant and the Stoics and is no part of the Christian faith. Indeed, if we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in the a slum because he cannot imagine what is meant to the offer of a holiday at the sea. We are far too easily pleased.

(Clive Staples) C. S. Lewis
Into The Wardrobe

When was the last time you laughed for the sheer joy of your salvation? People are not attracted to somber doctrines. There is no persuasive power in a gloomy and morbid religion. Let the world see your joy and you won’t be able to keep them away. To be filled with God is to be filled with joy.

Anonymous

There’s nothing more contradictory than an unenthusiastic Christian. The Bible tells us that God loves us so much, in fact, that God gave his only son so that all who believe in him will have everlasting life. Nothing not even death can separate us from God's love! If we really believe that, we can’t help but overflow with joy!

Ronald Newhouse

Daily Devotions

One of the great blessings of church, for all of its imperfections, is the gift of a genuine laughter - a laughter shared and bequeathed to us by our perfect Father. This is a laughter that we will share in even greater measure when all the sorrow is gone and every tear is wiped from our eyes. One day, like the captives many years ago said, we too will sing:

We are like those who dream. Our mouths are filled with laughter, our tongues with songs of joy. It is said among the nations, "The LORD has done great things for them." Yes, the LORD has done great things for us, and we are filled with joy. Psalm 126:2-3

Phillip Ware
Heartlight Magazine

A tongue filled with laughter and praise is a reflection of a heart filled to overflowing with the joy of the Lord. What a joy it is just to be with someone whose heart is full. A soothing tongue, a tongue that can say "I accept you where you are," or "I appreciate your questions" without offence or bitterness, is a secure place someone
can go for help without fear of judgement, condemnation or censure

Mike Hoskins

"The most valuable thing the Psalms do for me is to express the same delight in God which made David dance."
Reflections on the Psalms
(Clive Staples) C. S. Lewis
Into The Wardrobe

It is the consciousness of the threefold joy of the Lord, His joy in ransoming us, His joy in dwelling within us as our Saviour and Power for fruitbearing and His joy in possessing us, as His Bride and His delight; it is the consciousness of this joy which is our real strength. Our joy in Him may be a fluctuating thing: His joy in us knows no change.

James Hudson Taylor
James Hudson Taylor Biography

Be merry, really merry. The life of a true Christian should be a perpetual jubilee, a prelude to the festivals of eternity.

Theophane Venard

If it seems a childish thing to do, do it in remembrance that you are a child.

Frederick Buechner
Short Biography

Where others see but the dawn coming over the hill, I see the soul of God shouting for joy.

William Blake
Archive

Any one can sing in the sunshine. You and I should sing on when the sun has gone down, or when clouds pour out their rain, for Christ is with us.

Anonymous

Our merriment must be of that kind (and it is, in fact, the merriest kind) which exists between people who have, from the outset, taken each other seriously - no flippancy, no superiority, no presumption. And our charity must be a real and costly love, with deep feeling for the sins in spite of which we love the sinner - no mere tolerance or indulgence which parodies love as flippancy parodies merriment.

(Clive Staples) C. S. Lewis
Into The Wardrobe
There is a joy which is not given to the ungodly, but to those who love Thee for Thine own sake, whose joy Thou Thyself art. And this is the happy life, to rejoice to Thee, of Thee, for Thee; this it is, and there is no other.

Augustine
Works and Biography

Joy is not the absence of suffering. It is the presence of God.

Robert Schuller
Website

When you have become penetrated with the joy of God, all of your sorrows will turn into joy, all of your trials will be graces; you will recognize your faults, you will be sorry for them, and they will be forgiven so that they may become happy faults. They will remind you only of the goodness, the tenderness, the joy with which God forgives them.

Louis Evely

Joy is prayer - Joy is strength - Joy is love - Joy is a net of love by which you can catch souls. God loves a cheerful giver. She gives most who gives with joy. The best way to show our gratitude to God and the people is to accept everything with joy. A joyful heart is the inevitable result of a heart burning with love. Never let anything so fill you with sorrow as to make you forget the joy of the Christ risen.

Mother Teresa
Informational Website

There is a joy which is not given to the ungodly, but to those who love Thee for Thine own sake, whose joy Thou Thyself art. And this is the happy life, to rejoice to Thee, of Thee, for Thee; this it is, and there is no other.

Augustine
Works and Biography

A genuine revival without joy in the Lord is as impossible as spring without flowers, or day-dawn without light.

Charles Haddon Spurgeon
The Spurgeon Archive

Joy, not grit, is the hallmark of holy obedience. We need to be light-hearted in what we do to avoid taking ourselves too seriously. It is a cheerful revolt against self and pride. Our work is jubilant, carefree, merry. Utter abandonment to God is done freely and with celebration. And so I urge you to enjoy this ministry of self-surrender. Don't push too hard. Hold this work lightly, joyfully. The saints throughout the ages have witnessed to this reality.... You know, of course, that they are not speaking of a silly, superficial, bubbly kind of joy like that flaunted in modern society. No, this is a deep, resonant joy that has been shaped and tempered by the fires of suffering and sorrow; joy through the cross, joy because of the cross.

Richard J. Foster
Brief Biography and List of Works
Receive every day as a resurrection from death, as a new enjoyment of life; meet every rising sun with such sentiments of God’s goodness, as if you had seen it, and all things, new-created upon your account: and under the sense of so great a blessing, let your joyful heart praise and magnify so good and glorious a Creator.

William Law
Biography and Works

I choose joy... I will invite my God to be the God of circumstance. I will refuse the temptation to be cynical... the tool of the lazy thinker. I will refuse to see people as anything less than human beings, created by God. I will refuse to see any problem as anything less than an opportunity to see God.

Max Lucado
Upwords

We may sing beforehand, even in our winter storm, in the expectation of a summer sun at the turn of the year; no created powers can mar our Lord Jesus’ music, nor spill our song of joy. Let us then be glad and rejoice in the salvation of our Lord; for faith has never yet cause to have wet cheeks, and hanging-down brows, or to droop or die.

Samuel Rutherford
Selected Letters

Commenting on when he was thrown into a well full of bones and corpses. "How was it possible to have the peace of God in the pitch-dark night, in the midst of corpses and dead men’s bones? Joy like this, peace like this, comes from nothing in this world. God alone can give it. While I was sitting therein the well I reflected that I never felt this kind of happiness while I lived in the house of my parents in comfort and luxury. Whence then came this overflowing joy in that terrible den? I saw then more clearly than ever, that Jesus is alive, and that it was He who was filling my heart with peace and joy.

Sadhu Sundar Singh
A Short Biography

Joy is that deep settled confidence that God is in control of every area of my life.

Paul Sailhamer

The ordinary group of worshipping Christians, as the preacher sees them from the pulpit, does not look like a collection of very joyful people, in fact, they look on the whole rather sad, tired, depressed people. It is certain that such people will never win the world for Christ...It is no use trying to pretend: we may speak of joy and preach about it: but, unless we really have the joy of Christ in our hearts and manifest it, our words will carry no conviction to our hearers.

Stephen Neill
Review

Seek to cultivate a buoyant, joyous sense of the crowded kindnesses of God in your daily life.

Alexander MacLaren
Are there not periods of life when we feel so glad that we would dance for joy? Let not such exhilaration be spent upon common themes, but let the name of God stir us to ecstasy.... There is enough in our holy faith to create and to justify the utmost degree of rapturous delight. If men are dull in the worship of the Lord our God they are not acting consistently with the character of their religion.

Charles Haddon Spurgeon
The Spurgeon Archive

Men may for a time be hearers of the gospel, men may for order’s sake pray, sing, .... but if it be without joy, will not that hypocrisy in time break out? Will they not begin to be weary? Nay will they not be as ready to hear any other doctrine? Good things cannot long find entertainment in our corruptions, unless the Holy Spirit hath changed us from our old delights to conceive pleasure in these things.

Richard Greenham
Article

I cannot understand why those who have given themselves up to God and His goodness are not always cheerful, for what possible happiness can be equal to that? No accidents or imperfections which may happen ought to have power to trouble them, or to hinder their looking upward.

Francis de Sales
Biography and Works

Happiness depends on happenings; joy depends on Christ.

Anonymous

Any alleged Christianity which fails to express itself in cheerfulness, at some point, is clearly spurious. The Christian is cheerful, not because he is blind to injustice and suffering, but because he is convinced that these, in the light of the divine sovereignty, are never ultimate.

Elton Trueblood
Biography

I call the New Testament the Book of Joy. There is nowhere in the world another book that is pervaded with such a spirit of exhilaration.

Henry Ward Beecher
Archives

Happy is the person who not only sings, but feels God’s eye is on the sparrow, and knows He watches over me. To be simply ensconced in God is true joy. How small a portion of our life it is that we really enjoy! In youth we are looking forward to things that are to come; in old age we are looking backward to things that are gone past; in manhood, although we appear indeed to be more occupied in things that are present, yet even that is too often absorbed in vague determinations to be vastly happy on some future day when we have time.