

28-Joy & Happiness

Joy 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.

'Abdu'l-Bahá, *Paris Talks*, 35.2

When we find truth, constancy, fidelity, and love, we are happy; but if we meet with lying, faithlessness, and deceit, we are miserable.

'Abdu'l-Bahá, *Paris Talks*, p. 65

Happy is the man that hath apprehended the Purpose of God in whatever He hath revealed from the Heaven of His Will that pervadeth all created things.

Bahá'u'lláh, *The Kitáb-i-Áqdas*, K 125

To attain eternal happiness one must suffer. He who has reached the state of self-sacrifice has true joy. Temporal joy will vanish.

'Abdu'l-Bahá, *Paris Talks*, 57.3

Whosoever ye be invited to a banquet or festive occasion, respond with joy and gladness, and whoever fulfilleth his promise will be safe from reproof. This is a Day on which each of God's wise decrees hath been expounded.

Bahá'u'lláh, *The Kitáb-i-Aqdas*, 156

To read one verse, or even one word, in a spirit of joy and radiance, is preferable to the perusal of many Books.

Bahá'u'lláh, *The Kitáb-i-Aqdas*, qa.68

Be happy and joyous because the bestowals of God are intended for you and the life of the Holy Spirit is breathing upon you.

'Abdu'l-Bahá, *Promulgation of Universal Peace*, p. 214

Live ye one with another, O people, in radiance and joy. By My life! All that are on earth shall pass away, while good deeds alone shall endure; to the truth of My words, God doth Himself bear witness. Compose your differences, O My servants; then heed ye the admonition of Our Pen of Glory and follow not the arrogant and wayward.

Bahá'u'lláh, *The Kitáb-i-Aqdas*, 70

Let your joy be the joy born of My Most Great Name, a Name that bringeth rapture to the heart, and filleth with ecstasy the minds of all who have drawn nigh unto God. We, verily, have made music as a ladder for your souls, a means whereby they may be lifted up unto the realm on high; make it not, therefore, as wings to self and passion.

Bahá'u'lláh, *The Kitáb-i-Aqdas*. 51

Happy is the lover that hath inhaled the divine fragrance of his Best-Beloved from these words, laden with the perfume of a grace which no tongue can describe.

Bahá'u'lláh, *The Kitáb-i-Áqdas*, K 4

Happy are they who act; happy are they who understand; happy the man that hath clung unto the truth, detached from all that is in the heavens and all that is on earth.

Bahá'u'lláh, *Epistle to the Son of the Wolf*, p. 139

Happy are those who spend their days in gaining knowledge, in discovering the secrets of nature, and in penetrating the subtleties of pure truth!

'Abdu'l-Bahá, *Some Answered Questions*, p. 137

This is the time for growing; the season for joyous gathering! Take the cup of the Testament in thy hand; leap and dance with ecstasy in the triumphal procession of the Covenant! Lay your confidence in the everlasting bounty, turn to the presence of the generous God; ask assistance from the Kingdom of Abhá; seek confirmation from the Supreme World; turn thy vision to the horizon of eternal wealth; and pray for help from the Source of Mercy!

'Abdu'l-Bahá, *Bahá'í World Faith*, p. 351