

Happiness

Bible

Habakkuk 3:18	Yet I will rejoice in the Lord, I will be joyful in God my Savior.
Isaiah 41:16	But you will rejoice in the Lord and glory in the Holy One of Israel.
Isaiah 51:11	The ransomed of the Lord will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.
Isaiah 55:12	You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees in the field will clap their hands.
Isaiah 61:10	I delight greatly in the Lord; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels.
Job 22:26	Surely then you will find delight in the Almighty and will lift up your face to God.
John 15:11	I have told you this so that my joy may be in you and that your joy may be complete.
John 16:22	But I will see you again and you will rejoice, and no one will take away your joy.
Nehemiah 8:10	Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the Lord is your strength.
1 Peter 1:8	Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy.
Philippians 4:11	Not that I complain of want; for I have learned, in whatever state I am, to be content.
Philippians 4:12-13	I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.
Psalms 4:7	You have filled my heart with greater joy than when their grain and new wine abound.
Psalms 33:21	In him our hearts rejoice, for we trust in his holy name.
Psalms 63:5	My soul will be satisfied as with the riches of foods; with singing lips my mouth will praise you.
Psalms 64:10	Let the righteous rejoice in the Lord and take refuge in him; let all the upright in heart praise him!
Psalms 68:3	But may the righteous be glad and rejoice before God; may they be happy and joyful.
Psalms 89:15-16	Blessed are those who have learned to acclaim you, who walk in the light of your presence, O Lord. They rejoice in your name all day long; they exult in your righteousness.
Psalms 97:11-12	Light is shed upon the righteous and joy on the upright in heart. Rejoice in the Lord, you who are righteous, and praise his holy name.
Psalms 118:15	Shouts of joy and victory resound in the tents of the righteous: The Lord's right hand has done mighty things!
Psalms 126:5-6	Those who sow in tears, will reap with songs of joy. He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.

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Man	
Joseph Addison	Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.
Guillaume Apollinaire	Now and then it's good to pause in our pursuit of happiness and just be happy.
Marcus Aurelius	The happiness of your life depends upon the quality of your thoughts: therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature.
Sir James M. Barrie	The secret of happiness is not in doing what one likes, but in liking what one does.
R.J. Baughan	We find greatest joy, not in getting, but in expressing what we are. Men do not really live for honors or for pay; their gladness is not the taking and holding, but in doing, the striving, the building, the living. It is a higher joy to teach than to be taught. It is good to get justice, but better to do it; fun to have things but more to make them. The happy man is he who lives the life of love, not for the honors it may bring, but for the life itself.
Jeremy Bentham	The sad truth is that it is the greatest happiness of the greatest number that is the measure of right and wrong.
Hugo Black	It is the paradox of life that the way to miss pleasure is to seek it first. The very first condition of lasting happiness is that a life should be full of purpose, aiming at something outside self.
Smiley Blanton	The truth is that all of us attain the greatest success and happiness possible in this life whenever we use our native capacities to their greatest extent.
J.E Buckrose	Happiness comes more from loving than being loved; and often when our affection seems wounded it is only our vanity bleeding. To love, and to be hurt often, and to love again -- this is the brave and happy life.
Buddha	Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.
Edward G. Bulwer-Lytton	Happiness and virtue rest upon each other; the best are not only the happiest, but the happiest are usually the best.
Albert Camus	But what is happiness except the simple harmony between a person and life they lead.
Dale Carnegie	Did you ever see an unhappy horse? Did you ever see bird that had the blues? One reason why birds and horses are not unhappy is because they are not trying to impress other birds and horses.
Leslie Caron	In order to have great happiness, you have to have great pain and unhappiness--otherwise how would you know when you're happy?
Stuart Cloete	Happiness is a hard thing because it is achieved only by making others happy.
R.D. Clyde	The greatest joy of life is to love and be loved.
Charles Caleb Colton	There is this difference between happiness and wisdom, that he that thinks himself the happiest man, really is so; but he who thinks himself the wisest, is generally the greatest fool.
Confucius	We take greater pains to persuade others we are happy than in trying to think so ourselves.

Dalai Lama	If you want others to be happy, practice compassion. If you want to be happy, practice compassion.
Democritus	Happiness resides not in possessions, and not in gold, happiness dwells in the soul.
Ernest Dimnet	The happiness of most people we know is not ruined by great catastrophes or fatal errors, but by the repetition of slowly destructive little things.
Benjamin Disraeli	Action may not always bring happiness; but there is no happiness without action.
Fyodor Dostoevski	Happiness does not lie in happiness, but in the achievement of it.
Hugh Downs	A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.
Wayne Dyer	There is no way to happiness. Happiness is the way.
Tryon Edwards	Happiness is like manna; it is to be gathered in grains, and enjoyed every day. It will not keep; it cannot be accumulated; nor have we got to go out of ourselves or into remote places to gather it, since it has rained down from a Heaven, at our very door.
Epicurus	If thou wilt make a man happy, add not unto his riches but take away from his desires.
Epicurus	It is impossible to live a pleasant life without living wisely and well and justly. And it is impossible to live wisely and well and justly without living a pleasant life.
Joseph Farrall	Enjoy your happiness while you have it, and while, you have it do not too closely scrutinize its foundation.
Johann G. Fichte	To be happy is not the purpose of our being rather it is to deserve happiness.
Malcolm S. Forbes	When what we are is what we want to be, that's happiness.
Benjamin Franklin	Happiness consists more in small conveniences of pleasures that occur every day, than in great pieces of good fortune that happen but seldom to a man in the course of his life.
Haim Ginott	Happiness... is not a destination: it is a manner of traveling. Happiness is not an end in itself. It is a by-product of working, playing, loving and living.
Johann Wolfgang Von Goethe	The man who is born with a talent which he was meant to use finds his greatest happiness in using it.
Nathaniel Hawthorne	Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.
Robert Heinlein	Happiness lies in being privileged to work hard for long hours in doing whatever you think is worth doing. One man may find happiness in supporting a wife and children. Another may find it in robbing banks. Still another may labor mightily for years in pursuing pure research with no discernible result. Note the individual and subjective nature of each case. No two are alike and there is no reason to expect them to be. Each man or woman must find for himself or herself that occupation in which hard work and long hours make him or her happy. Contrariwise, if you are looking for shorter hours and longer vacations and early retirement, you are in the wrong job. Perhaps you need to take up bank robbing. Or geeking in a sideshow. Or even politics.
Eric Hoffer	The search for happiness is one of the chief sources of unhappiness.
Horace	You traverse the world in search of happiness, which is within the reach of every man. A contented mind confers it on all.
Vernon Howard	You have succeeded in life when all you really want is only what you really need.
Kin Hubbard	It is pretty hard to tell what does bring happiness; poverty and wealth have both failed.

Karl Wilhelm Von Humboldt	I am more and more convinced that our happiness or our unhappiness depends far more on the way we meet the events of life than on the nature of those events themselves.
Robert Green Ingersoll	Happiness is the only good. The time to be happy is now. The place to be happy is here. The way to be happy is to make others so.
Sir James Jeans	The really happy person is the one who can enjoy the scenery, even when they have to take a detour.
Thomas Jefferson	Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.
Carl Jung	Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they come along with patience and equanimity.
Helen Keller	When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us.
J. Kindleberger	The secret of happiness and prosperity in this world, as in the world to come, lies in thinking of the welfare of others first, and not taking one's self too seriously.
Walter Savage Landor	We are no longer happy as soon as we wish to be happier.
Samuel Levenson	Happiness is a by-product. You cannot pursue it by itself.
Abraham Lincoln	A person will be just about as happy as they make up their minds to be.
Lucian	The happy think a lifetime short, but to the unhappy one night can be an eternity.
Og Mandino	Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself.
Thomas Merton	True happiness is not found in any other reward than that of being united with God.
John Stuart Mill	I have learned to seek my happiness by limiting my desires, rather than in attempting to satisfy them.
Charles De Montesquieu	False happiness renders men stern and proud, and that happiness is never communicated. True happiness renders them kind and sensible, and that happiness is always shared.
Malcolm Muggeridge	I can say that I never knew what joy was like until I gave up pursuing happiness, or cared to live until I chose to die. For these two discoveries I am beholden to Jesus.
Iris Murdoch	Happiness is a matter of one's most ordinary everyday mode of consciousness being busy and lively and unconcerned with self. To be damned is for one's ordinary everyday mode of consciousness to be unremitting agonizing preoccupation with self.
Robert Pecsí	To the child perceived happiness lies in getting their way at this moment. To the young adult it lies in the future. To the middle aged it lies in the realization that the future is now and that we've been missing the ride. To the elderly it lies in the knowledge and satisfaction of a life well lived in service to others and from knowing that our true reward lies ahead and will soon be upon us. In all cases it's an elusive goal, for it is not something that can be attained. It is a blessing that finds us when we least expect it

William Lyon Phelps	The happiest people are those who think the most interesting thoughts. Those who decide to use leisure as a means of mental development, who love good music, good books, good pictures, good company, good conversation, are the happiest people in the world. And they are not only happy in themselves, they are the cause of happiness in others.
Chinese Proverb	One joy shatters a hundred griefs.
Prutz	If you cannot renounce the world the genius of happiness will never salute you.
Jean Paul Richter	Joy descends gently upon us like the evening dew, and does not patter down like a hailstorm.
Richard Rohr	The journey to happiness involves finding the courage to go down into ourselves and take responsibility for what's there: all of it.
John D. Rockefeller	The road to happiness lies in two simple principles; find what interests you and that you can do well, and put your whole soul into it - every bit of energy and ambition and natural ability you have.
Leo Rosten	Happiness comes only when we push our brains and hearts to the farthest reaches of which we are capable.
David Sarnoff	Work and live to serve others, to leave the world a little better than you found it and garner for yourself as much peace of mind as you can. This is happiness.
William Saroyan	The greatest happiness you can have is knowing that you do not necessarily require happiness.
Charles M. Schwab	Lead the life that will make you kindly and friendly to everyone about you, and you will be surprised what a happy life you will lead.
Seneca	True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The great blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.
Sri Swami Sivananda	There is no end of craving. Hence contentment alone is the best way to happiness. Therefore, acquire contentment.
Charles Percy Snow	The pursuit of happiness is a most ridiculous phrase; if you pursue happiness you'll never find it.
Source Unknown	Happiness is good for the body but sorrow strengthens the spirit.
Source Unknown	Happiness will never come to those who fail to appreciate what they already have.
Source Unknown	Happy are those who dream dreams and are willing to pay the price to make them come true.
Source Unknown	The biggest lie on the planet: When I get what I want, I will be happy.
Freya Stark	There can be no happiness if the things we believe in are different from the things we do.
Ben Stein	The human spirit needs to accomplish, to achieve, to triumph to be happy.
John Stossel	Happiness comes when we test our skills towards some meaningful purpose.
John Tillotson	Men expect that religion should cost them no pains, that happiness should drop into their laps without any design and endeavor on their part, and that, after they have done what they please while they live, God should snatch them up to heaven when they die. But though the commandments of God be not grievous, yet it is fit to let men know that they are not thus easy.

A. W. Tozer	No man should desire to be happy who is not at the same time holy. He should spend his efforts in seeking to know and do the will of God, leaving to Christ the matter of how happy he should be.
Mark Twain	The best way to cheer yourself up is to try to cheer somebody else up.
Denis Waitley	Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.
Denis Waitley	That which you create in beauty and goodness and truth lives on for all time to come. Don't spend your life accumulating material objects that will only turn to dust and ashes.
William Butler Yeats	Happiness is neither virtue nor pleasure nor this thing nor that but simply growth, We are happy when we are growing.
Maharishi Mahesh Yogi	Happiness radiates like the fragrance from a flower, and draws all good things toward you. Allow your love to nourish yourself as well as others. Do not strain after the needs of life. It is sufficient to be quietly alert and aware of them. In this way life proceeds more naturally and effortlessly. Life is here to Enjoy!