

“And here the first word that I wish to say to you: joy! Do not be men and women of sadness: a Christian can never be sad! Never give way to discouragement! Ours is not a joy born of having many possessions, but of having encountered a Person: Jesus, in our midst.”

— Pope Francis > The Church of Mercy

To give oneself sincerely to others is so effective that God rewards it with a humility filled with cheerfulness.

The Forge > Victory > Number 591

...If you live marriage as God wishes you to, in a holy way, your house will be a bright and cheerful home, full of peace and joy.

Christ is passing by > Interior struggle > Number 78

Yes, indeed, the families of today must be called back to their original position. They must follow Christ.

St John Paul II > Letter: Appropinquat iam > 15 August 1980, 791

..the good news includes the subject of the cross. But it is through the cross that the family can attain the fullness of its being and the perfection of its love.

St John Paul II > Familiaris Consortio > 86, p.104

The cheerfulness of a man of God, of a woman of God, has to overflow: it has to be calm, contagious, attractive...; in a few words, it has to be so supernatural, and natural, so infectious that it may bring others to follow Christian ways.

Furrow > Cheerfulness > Number 60

Anything that does not lead you to God is a hindrance. Root it out and throw it far from you.

The Way > Mortification > Number 189

The good God does not require of us the martyrdom of the body; He requires only the martyrdom of the heart, and of the will... Our Lord is our model; let us take up our cross, and follow Him.

The little Catechism of the Cure of Ars > Catechism on Suffering > p.70

If you don't deny yourself, you will never be a soul of prayer

The Way > Mortification > Number 172

“Often it is better simply to slow down, to put aside our eagerness in order to see and listen to others, to stop rushing from one thing to another and to remain with someone who has faltered along the way.”

— Pope Francis > Evangelii Gaudium: The Joy of the Gospel

These are the ripe fruits of the mortified soul: tolerance and understanding for the defects of others; intolerance for one's own.

The Way > Mortification > Number 198

Everything that is done out of Love acquires greatness and beauty.

The Way > Love of God > Number 429