

With the example and words of Jesus before us, we realise how much we need to be converted, so that the logic of being more will prevail over that of having more!

Pope Francis 29th WYD, 2014

What does it mean to be “Blessed”?
To be blessed means to be happy.

Pope Francis 29th WYD, 2014

Man is so great that nothing on earth can satisfy him. Only when he turns to God is he content.

St John Vianney

Only he who made man makes man happy.

St Augustine

Happiness

Jesus challenges us, young friends, to take seriously his approach to life and to decide which path is right for us and leads to true joy.

Pope Francis 29th WYD, 2014

Happiness is not in us, nor is happiness outside of us. Happiness is in God alone. And if we have found him, then it is everywhere.

Blaise Pascal

Do you really want to be happy? In an age when we are constantly being enticed by vain and empty illusions of happiness, we risk settling for less and “thinking small” when it comes to the meaning of life. Think big instead! Open your hearts!

Pope Francis, WYD, 2014

All too often, happiness is narrowed down to mean feeling good. There is of course nothing wrong with feeling good but such a narrow definition leaves little room for the delight of virtue and the joy of grace. To find happiness, we need to broaden our definition so that feeling good is put into the wider context of doing good and knowing good.

Christopher Jamison, Finding Happiness