

Wednesday: Joy-IN: The Art of Finding Joy in Everyday Life

1. **Joy is the purpose of life:** Joy is a fundamental purpose of life...and of organizations: "... Men are, that they might have joy." – 2 Nephi 2:25

"Happiness is the object and design of our existence; and will be the end thereof, if we pursue the path that leads to it, and this path is virtue, uprightness, faithfulness, holiness, and keeping the commandments of God" – The Prophet Joseph Smith

2. Where Joy Comes from:

Joy is not in things, it is in us. We are hardwired for joy and are meant to find joy in everyday living. Joy is not having what you want, it is wanting what you have!

"...a mans' life consisteth not in the abundance of the things which he possesseth." – Luke 12:15

"In surveys, relatively affluent children generally give lower ratings of happiness than children at the lowest socioeconomic levels. Second generation wealthy, as they age, usually fail to enjoy their abundance, driven by fear of losing their wealth and the desire to maintain the status-quo." --The Millionaire Next Door by Thomas Stanley and William Danko

"We cannot simply enjoy life more by accruing more goods and goodies. Just as the float in a toilet tank rises with the water level to seal off incoming water and prevent overflow, our expectations seem to float upon our rising prosperity and shut down our pleasure with each step we take." – Dr. Mark Chamberlain Wanting More: Finding Joy in the Age of Addiction

3. Sensitivity brings Joy

"The sweetest fruit of disciplined attending: the increase it brings in our capacity for enjoyment. Those who develop a heightened sense of awareness are no longer as dependent on their environment for pleasure. For them, thrills can come not only from amusement-park intensity but from the sublime beauty of a tree, a simple melody, or a bird flying overhead. Things which we had never supposed come into view. Seeming routine turns out to be resplendent with possibilities. Ordinary

people seem quite the opposite. The humdrum of life, when savored, contains symphonic sounds. A circumstance or conversation which looks quite pedestrian nevertheless proves pivotal. But there are no bands playing, no headlines, no footage on the six o'clock news". --Elder Neal A. Maxwell, We will Prove them Herewith, 12-13

"We can more fully appreciate the simple experiences in life by refusing to ignore them any longer. We can stop gobbling down food on the run. We can stop distracting ourselves with a stack of reading material in the bathroom. We can discipline ourselves to tune back in to all the little things in life that are so easy to take for granted. We can rediscover our sense of awe and reignite our passion for life by appreciating what is available, allowing it to hold our attention and "charm" us. As we take pleasure in these experiences, we will more fully capture the everyday miracle and wonder of being alive." --Dr. Mark Chamberlain

4. Joy is in Relationships, Not Things

"We have an incredible and almost unlimited ability to observe things about other people. This capacity is innate, but we are free to take it in the direction we choose. What a shame if we use our observational power to discover and dwell on what is wrong with them, criticizing and cataloging their faults. What a shame when, in truth, we are equally able to adopt an attitude of delighting in others and the many things we are able to notice about them." --Dr. Mark Chamberlain

5. Some Quotes on Joy

- "Happiness does not depend on what happens outside of you but on what happens inside of you." – President Harold B. Lee, "A Sure Trumpet Sound: Quotations from President Lee," *Ensign*, Feb. 1974, p. 78.
- "Joy, it seems, is not only happiness, but the resultant feeling of the Holy Ghost manifest within us." – Sister Barbara W. Winder, "Finding the Joy in Life," *Ensign*, Nov. 1987, p. 95.
- "That happiness does not necessarily come with economic success is suggested by the Savior's statement,

"...a mans' life consisteth not in the abundance of the things which he possesseth." (Luke 12:15.)

--President Marion G. Romney, "Joy and Happiness," *Ensign*, Sept. 1973, p. 2

- "Everything has its beauty, but not everyone sees it." – Confucius
- "He who knows not when he has enough is poor." – Japanese Proverb
- You can never get enough of what you don't need because it will never satisfy you. – unknown
- "Nothing is enough for the man to whom enough is too little." – Epicurus
- "People dependent upon their eyes and ears seldom understand the wealth of life that is tangible." – Helen Keller
- "He who knows that enough is enough will always have enough." – Lao Tzu
- "There is a God-shaped vacuum in the heart of every man which cannot be filled by any created thing, but only by God the creator. . ." --Blaise Pascal (French philosopher)
- Let us remain as empty as possible so that God can fill us up. – Mother Teresa
- I have learned to seek my happiness by limiting my desires, rather than in attempting to satisfy them. – John Stuart Mill

6. Tools and Tips from This

Workshop:

- Use the joy list we created tonight and do five of them every single day!
- Instead of acting immediately on your urges to buy, try keeping a wish list and buying only those items that have been on the list for a month.
- Teach your children where joy comes from: See Teaching Children Joy, by Richard and Linda Eyre
- Concentrate on seeking out moments of joy in everyday life.

Recommended Book:

A Fullness of Joy, by Richard D. Draper