

# Quotes about *joy*

“Joy is not just a nice byproduct of making good choices. Joy is our birthright. It is our intended baseline from loving heavenly parents.”  
Lisa Valentine Clark

“It doesn't matter what our surroundings are or what we think can bring us joy. When we're rooted in Christ, we are joy.” Tammy Hall

“[Joy] is a very present moment experience as well as something that we can look forward to in the future. We can look forward to our future rescue; we can look forward to seeing our loved ones again, but also in this moment I can choose joy.” Carrie Skarda

“I have never felt more free in my entire life than when I have been putting my entire heart and life into the gospel of Jesus Christ.” Ashly Stone

“We can't always offer others certainty, but we can always speak truth. And when we say what is true, we are also saying what is joyful, because truth is joy.” Lyndsi Frandsen

Five ways to express our joy about all that's good and wonderful:

- Say what's good
- Say what you believe
- Say what's true
- Say what's hopeful
- Say I love you.

Brooke Walker and Lyndsi Frandsen