

Hope and Joy in God's Word

You are invited to consider the biblical quotations below, and to stay with the one(s) that speak to your heart about hope and joy.

“The LORD your God will bless you in all your produce and in all the work of your hands, so that you will be altogether joyful.” (Deut 16:15)

“But let all who take refuge in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you. For you bless the righteous, O LORD; you cover him with favor as with a shield.” (Ps 5:11-12)

“The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters; he restores my soul.
He leads me in right paths for his name's sake.

Even though I walk through the darkest valley, I fear no evil;
for you are with me; your rod and your staff - they comfort me.

You prepare a table before me in the presence of my enemies;
you anoint my head with oil; my cup overflows.
Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the Lord my whole life long.” (Psalm 23)

“The Lord is my light and my salvation, whom shall I fear.” (Ps 27:1)

“Be strong, and let your heart take courage, all you who wait for the Lord.” (Ps 31:24)

“Steadfast love surrounds those who trust in the Lord. Be glad in the Lord and rejoice, O righteous, and shout for joy, all you upright of heart.” (Ps 32:11)

“Rejoice in the Lord, O you righteous. Praise befits the upright. Praise the Lord with the lyre, make melody to him with the harp of ten strings. Sing to him a new song; play skillfully on the strings with loud shouts.” (Ps 33:1-3)

Let your steadfast love, O Lord, be upon us, even as we hope in you.” (Ps 33:22)

“Trust in the Lord, and do good; so you will live in the land, and enjoy security. Take delight in the Lord, and he will give you the desires of your heart.

Commit your way to the Lord; trust in him, and he will act. He will make your vindication shine like the light, and the justice of your cause like the noonday.

Be still before the Lord, and wait patiently for him; do not fret over those who prosper in their way, over those who carry out evil devices.” (Ps 37:3-7)

“I waited patiently for the Lord; he inclined to me and heard my cry.
He drew me up from the desolate pit, out of the miry bog, and set my feet upon a rock,
making my steps secure.

He put a new song in my mouth, a song of praise to our God.
Many will see and fear, and put their trust in the Lord.” (Ps 40:1-3)

“I have told the glad news of deliverance in the great congregation; see, I have not
restrained my lips, as you know, O Lord.
I have not hidden your saving help within my heart, I have spoken of your faithfulness
and your salvation; I have not concealed your steadfast love and your faithfulness from
the great congregation.” (Ps 40:9-10)

“Why are you cast down, O my soul, and why are you disquieted within me?
Hope in God; for I shall again praise him, my help and my God.” (Ps 42:5)

“Clap your hands, all peoples! Shout to God with loud songs of joy!” (Ps 47:1)

“Restore in me the joy of your salvation, and sustain in me a willing spirit.” (Ps 51:12)

“My soul will be satisfied as with fat and rich food, and my mouth will praise you with
joyful lips, when I remember you upon my bed, and meditate on you in the watches of
the night; for you have been my help, and in the shadow of your wings I will sing for
joy.” (Ps 63:5-7)

“My refuge and my fortress; my God in whom I trust.” (Ps 91:2)

“Let the heavens be glad, and let the earth rejoice; let the sea roar, and all that fills it; let
the field exult, and everything in it! Then shall all the trees of the forest sing for joy
before the LORD, for he comes, for he comes to judge the earth. He will judge the world
in righteousness and the peoples in his faithfulness.” (Ps 96:11-13)

“I thank you that you have answered me and have become my salvation. The stone that
the builders rejected has become the chief cornerstone. This is the Lord’s doing; it is
marvelous in our eyes. This is the day that the Lord has made; let us rejoice and be glad
in it.” (Ps 118: 21-24).

“Our help is in the name of the Lord, who made heaven and earth.” (Ps 124:8)

“But there will be no gloom for those who were in anguish. In the former time he
brought into contempt the land of Zebulun and the land of Naphtali, but in the latter time
he will make glorious the way of the sea, the land beyond the Jordan, Galilee of the
nations. The people who walked in darkness have seen a great light; those who lived in a
land of deep darkness - on them light has shined. You have multiplied the nation, you
have increased its joy; they rejoice before you as with joy at the harvest, as people exult
when dividing plunder. For the yoke of their burden, and the bar across their shoulders,
the rod of their oppressor, you have broken as on the day of Midian. For all the boots of

the tramping warriors and all the garments rolled in blood shall be burned as fuel for the fire. For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace. His authority shall grow continually, and there shall be endless peace for the throne of David and his kingdom. He will establish and uphold it with justice and with righteousness from this time onwards and for evermore. The zeal of the Lord of hosts will do this.” (Isaiah 9: 1-7)

“You have multiplied the nation; you have increased its joy; they rejoice before you as with joy at the harvest, as they are glad when they divide the spoil.” (Isaiah 9:3)

“A shoot shall come out from the stock of Jesse, and a branch shall grow out of his roots. The spirit of the Lord shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. His delight shall be in the fear of the Lord. He shall not judge by what his eyes see, or decide by what his ears hear; but with righteousness he shall judge the poor, and decide with equity for the meek of the earth; he shall strike the earth with the rod of his mouth, and with the breath of his lips he shall kill the wicked. Righteousness shall be the belt around his waist, and faithfulness the belt around his loins. The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and the lion and the fatling together, and a little child shall lead them. The cow and the bear shall graze, their young shall lie down together; and the lion shall eat straw like the ox. The nursing child shall play over the hole of the asp, and the weaned child shall put its hand on the adder's den. They will not hurt or destroy on all my holy mountain; for the earth will be full of the knowledge of the Lord as the waters cover the sea.” (Isaiah 11:1-9)

“... Shout, and sing for joy, O inhabitant of Zion, for great in your midst is the Holy One of Israel.” (Isaiah 12:6)

“Those who wait for the Lord shall renew their strength.” (Is 40: 31)

“Do not consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it?” (Is 43:19)

"For surely I know the plans I have for you," says the Lord, "plans for your welfare and not for harm, to give you a future with hope." (Jer 29:11)

“For I know that my redeemer lives, and that at last he will stand upon the earth; and after my skin has been thus destroyed, then in my flesh, I shall see God, whom I shall see on my side, and my eyes shall behold, and not another.” (Job 19: 25-27)

The hope of the righteous ends in gladness, but the expectation of the wicked comes to nothing. (Proverbs 10: 28)

“David danced before the Lord with all his might.” (2Sam 6:14)

“Then he said to them, ‘Go your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the joy of the LORD is your strength.’” (Nehemiah 8:10)

“Go, eat your bread with joy, and drink your wine with a merry heart, for God has already approved what you do.” (Ecclesiastes 9:7)

“My soul is bereft of peace; I have forgotten what happiness is... But this I call to mind, and therefore I have hope: the steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning. Great is your faithfulness... It is good that one should wait quietly for the salvation of the Lord.” (Lam 3:17, 21-23, 26).

“A leper came to him begging him, and kneeling, he said to him, ‘If you choose, you can make me clean.’ Moved with pity, Jesus stretched out his hand and touched him, and said to him, ‘I do choose. Be made clean!’ Immediately the leprosy left him, and he was made clean. After sternly warning him he sent him away at once, saying to him, ‘See that you say nothing to anyone; but go, show yourself to the priest, and offer for your cleansing what Moses commanded as a testimony to them.’ But he went out and began to proclaim it freely, and to spread the word...” (Mk 1: 40-45b)

“In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary’s greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, “Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord.” (Lk 1: 39-45)

“And Mary said,
 "My soul magnifies the Lord,
 and my spirit rejoices in God my Savior,
 for he has looked with favor on the lowliness of his servant.
 Surely, from now on all generations will call me blessed;
 for the Mighty One has done great things for me,
 and holy is his name.
 His mercy is for those who fear him
 from generation to generation.
 He has shown strength with his arm;
 he has scattered the proud in the thoughts of their hearts.
 He has brought down the powerful from their thrones, and lifted up the lowly;
 he has filled the hungry with good things, and sent the rich away empty.
 He has helped his servant Israel, in remembrance of his mercy,
 according to the promise he made to our ancestors, to Abraham and to his descendants
 forever.” (Lk 1: 46-55)

“Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.” (Lk 15:7)

“But on the first day of the week, at early dawn, they came to the tomb, taking the spices that they had prepared. They found the stone rolled away from the tomb, but when they went in, they did not find the body. While they were perplexed about this, suddenly two men in dazzling clothes stood beside them. The women were terrified and bowed their faces to the ground, but the men said to them, “Why do you look for the living among the dead? He is not here, but has risen. Remember how he told you, while he was still in Galilee that the Son of Man must be handed over to sinners, and be crucified, and on the third day rise again.” Then they remembered his words and returning from the tomb, they told all this to the eleven and to all the rest. Now it was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told this to the apostles. But these words seemed to them an idle tale and they did not believe them. But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened.” (Luke 24: 1-12)

“The light shines in the darkness, and the darkness did not overcome it.” (John 1: 5)

“As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete.” (Jn 15: 9-11)

“Very truly, I tell you, you will weep and mourn, but the world will rejoice; you will have pain, but your pain will turn into joy. When a woman is in labor, she has pain, because her hour has come. But when her child is born, she no longer remembers the anguish because of the joy of having brought a human being into the world. So you have pain now; but I will see you again, and your hearts will rejoice, and no one will take your joy from you.” (Jn 16:20-22)

“Very truly, I tell you, if you ask anything of the Father in my name, he will give it to you. Until now you have not asked for anything in my name. Ask and you will receive, so that your joy may be complete.” (Jn 16:23b-24)

“I have conquered the world.” (Jn 16: 33)

“We have seen the Lord.” (Jn 20: 25)

“We know that all things work together for the good of those who love God.” (Rom 8:28)

“For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord.” (Rom 8:38-39).

“Be joyful in hope, patient in affliction, faithful in prayer.” (Rom 12:12)

“For the kingdom of God is not food and drink but righteousness and peace and joy in the Holy Spirit.” (Rom 14:17)

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.” (Rom 15:13)

“We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, where Jesus, a forerunner on our behalf, has entered, having become a high priest forever according to the order of Melchizedek.” (Heb 6, 19-20)

“Where, O death, is your victory? Where, O death, is your sting?” (1Cor 15:55)

“For what is our hope or joy or crown of boasting before our Lord Jesus at his coming? Is it not you? Yes, you are our glory and joy!” (1Thess 18-20)

“I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now.” (Philippians 1:3-5)

“For I have derived much joy and comfort from your love, my brother, because the hearts of the saints have been refreshed through you.” (Philemon 1:7)

“Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who are being protected by the power of God through faith for a salvation ready to be revealed in the last time.” (1 Peter 1: 3-5)

“Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls.” (1 Pet 1:8-9)

“Though I have much to write to you, I would rather not use paper and ink. Instead I hope to come to you and talk face to face, so that our joy may be complete.” (2 Jn 1:12)

“Let us recover and deepen our enthusiasm, that ‘delightful and comforting joy of evangelizing, even when it is in tears that we must sow... And may the world of our time, which is searching, sometimes with anguish, sometimes with hope, be enabled to receive the good news not from evangelizers who are dejected, discouraged, impatient or anxious, but from ministers of the Gospel whose lives glow with fervour, who have first received the joy of Christ.’” (Pope Francis’ Apostolic Letter *Evangelii Gaudium*, [2013] No. 10. Quote from Pope Paul VI Paul VI, Apostolic Exhortation *Evangelii Nuntiandi* [1975], No. 80)