

“Being always joyful”

Is it possible to choose and advise friends **to be always joyful**? If we look all around, it is not easy to find reasons to be in peace and let alone joyful.

Facing every day worries, injustice and tensions between people, it is very difficult not to be carried away by discouragement, it takes a great effort so as not to give up it is difficult not to fall. What is the secret?

“There is a reason - Chiara Lubich wrote - for which despite all difficulties we must try to be always joyful. And it has to do with choosing a life oriented to the others for this leads us to experiencing fulfillment. This feeling of fulfillment gives us a feeling of plenitude which at the same time gives meaning to our lives it guides us like a Light, it frees us from all fear of the past as in relation to what awaits for us, it gives us strength to overcome all difficulties, temptations and trials that we may encounter”.

Joyfulness is not simply optimism nor the welfare of economic wealth nor is it the joy of those who are young and healthy. It is the fruit that arises in the depth of our hearts... From this joy comes the ability to receive the others with cordiality and to make our time available to those who are nearby. The well known expression is therefore clearly understood: *“Happiness is more in giving than in receiving”*. It is then that the peace of the heart arises, the only one that can infect all people around us with unarmed strength

Recently in Syria, despite the serious dangers and difficulties of the war, a large group of young people gathered to exchange experiences of life and experience the joy of reciprocal love, from there they marched determined to give testimony that fraternity is possible. A participant described the following: *“You hear stories of acute pain and hope, of heroic faith in love. Some have lost everything and now live with their family in a refugee camp, others have seen their dear ones die. The commitment of these young people to generate life around them is strong. They organize festivals in the streets involving many people in order to rebuild a school which was destroyed by war. They offer support to dozens of refugee families. Chiara’s words come back to her heart: “True joy is like a sun beam shining from a tear, it is a rose blooming on a spot of blood, essence of love distilled from pain...”*”.