

## Selected St Faustina Quotes on Joy

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### # 205

The Resurrection. Today, during the [Mass of the] Resurrection, I saw the Lord Jesus in the midst of a great light. He approached me and said, **Peace be to you, My children,** and He lifted up His hand and gave His blessing. The wounds in His hands, feet and side were indelible and shining. When He looked at me with such kindness and love, my whole soul drowned itself in Him. And He said to me, **You have taken a great part in My Passion; therefore I now give you a great share in My joy and glory.** The whole time of the Resurrection [Mass] seemed like only a minute to me. A wondrous recollection filled my soul and lasted throughout the whole festal season. The kindness of Jesus is so great that I cannot express it.

### # 216

We have come to Cracow today [April 18, 1933]. What a joy it is to find myself again where I took my first steps in the spiritual life! Dear Mother Directress [Mary Joseph] is ever the same, cheerful and full of love of neighbor. I entered the chapel for a moment and joy filled my soul. In a flash I recalled the whole ocean of graces that had been given me as a novice here.

### #397

. . . What a joy it was for my parents and my whole family! . . . After greeting each other, we knelt down to thank God for the grace of being able to be together once again in this life.

### #415

Saturday. During Vespers, I saw the Lord Jesus radiant as the sun, in a bright garment, and He said to me, **May your heart be joyful.** And great joy flooded me, and I was penetrated by God's presence, which for the soul, is a treasure beyond words.

### #1754

**Consider, My daughter, Who it is to whom your heart is so closely united by the vows. Before I made the world, I loved you with the love your heart is experiencing today, and throughout the centuries, My love will never change.**

### #326

Once, Jesus said to me, **My gaze from this image is like My gaze from the cross.**

### #352

At the chapter, Mother [Borgia] stressed a life of faith and fidelity in small things. Half way through the chapter, I heard these words: **I desire that you would all have more faith at the present time. How great is My joy at the faithfulness of My spouse in**

**the smallest things.** Then I looked at the crucifix and saw that Jesus' head was turned toward the refectory, and His lips were moving.

**#184**

Holy Hour. During this hour, I tried to meditate on the Lord's Passion. But my soul was filled with joy, and suddenly I saw the Child Jesus. But His majesty penetrated me to such an extent that I said, "Jesus, You are so little, and yet I know You are my Creator and Lord." And Jesus answered me, **I am, and I keep company with you as a child to teach you humility and simplicity.**

**#143**

**. . . I will give you such profound peace that even if you wanted to feel troubled and frightened, it would not be in your power to do so today, but love will flood your soul to the point of self-oblivion.**

**#1512**

**. . . My daughter, meditate frequently on the sufferings which I have undergone for your sake, and then nothing of what you suffer for Me will seem great to you. You please Me most when you meditate on My sorrowful Passion. Join your little sufferings to My Sorrowful Passion, so that they may have infinite value before My majesty.**

**#27 (how St Faustina defines joy)**

First vows [April 30, 1928]. An ardent desire to empty myself for God by an active love, but a love that would be imperceptible, even to the sisters closest to me.

However, even after the vows, darkness continued to reign in my soul for almost a half year. Once, when I was praying, Jesus pervaded all my soul, darkness melted away, and I heard these words within me: **You are My joy; you are My heart's delight.** From that moment I felt the Most Holy Trinity in my heart; that is to say, within myself. I felt that I was inundated with Divine light. Since then, my soul has been in intimate communion with God, like a child with its beloved Father.

**#378**

**. . . He wants souls to come to know Him first as King of Mercy. When this triumph comes, we shall already have entered the new life in which there is no suffering.**

**. . . And even the sins of souls were as dark as night, when the sinner turns to My mercy, he gives Me the greatest praise and is the glory of My Passion. When a soul extols My goodness, Satan trembles before it and flees to the very bottom of hell.**

**#654**

**. . . It is in My Passion that you must seek light and strength.** . . . I meditated on Jesus' terrible Passion, and I understood that what I was suffering was nothing compared to the Savior's Passion, and that even the smallest imperfection was the cause of this terrible suffering. Then my soul was filled with very great contrition, and only then I

sensed I was in the sea of the unfathomable mercy of God. . . . I feel I am like a drop of dew engulfed in the depths of the bottomless ocean of divine mercy.

#### **#1049**

I am immensely happy, although I am the least of all; and I would not change anything of what God has given me. I would not want to change places with a Seraph, as regards the interior knowledge of God which He Himself has given me. The intimate knowledge I have of the Lord is such as no creature can comprehend, particularly, the depth of His mercy that envelops me. I am happy with everything You give me.

#### **#1824 (Holy Communion)**

Today, my heart trembles with joy. I desire very much that Jesus come to my heart. My longing heart is inflamed with an ever-increasing love.

When Jesus came, I threw myself into His arms like a little child. I told Him of my joy. Jesus listened to these outpourings of my love. When I asked pardon of Jesus for not preparing myself for Holy Communion, but for continually thinking of sharing in this joy as soon as possible. He answered that **Most pleasing to Me is this preparation with which you have received Me into your heart. Today, in a special way I bless this your joy. Nothing will disturb that joy throughout this day . . .**

#### **#407**

. . . I took unending delight in the silence and peace in which the soul can so easily immerse itself in God, helped by everyone and disturbed by no one.

#### **#303 (suffering brings joy)**

. . . And the purer our love becomes, the less there will be within us for the flames of suffering to feed upon, and the suffering will cease to be a suffering for us; it will become a delight! By the grace of God, I have received such a disposition of heart that I am never so happy as when I suffer for Jesus, whom I love with every beat of my heart.

Once when I was suffering greatly, I left my work and escaped to Jesus and Him to give me His strength. After a very short prayer, I returned to my work filled with enthusiasm and joy. Then, one of the sister [probably Sister Justine] said to me, "You must have many consolations today, Sister; you look so radiant. Surely God is giving you no suffering, but only consolations." "You are greatly mistaken, Sister," I answered, "for it is precisely when I suffer much that my joy is greater; and when I suffer less, my joy is also less."

#### **#499 (followed by joy)**

Each battle valiantly fought brings me joy, peace, light, experience and courage for the future; honor and glory to God; and in the end, for me, a reward.

#### **#1150**

. . . **Do not fear; I am with you.** When I left the altar, an extraordinary peace and power filled my soul, and the storm that was raging broke against my soul as against a rock; and the foam of the storm fell on those who raised it. . . .

**#1152 (Sufferings: Difficulty in suffering joyfully) (hmmn)**

It is no easy thing to bear sufferings joyfully, especially those which are unmerited. Fallen nature rebels, and although the intellect and will are above suffering, because they are able to do good to those who inflict suffering on them, nevertheless the emotions raise a lot of noise and, like restless spirits, attack the intellect and will. But they see they cannot do anything by themselves, they quiet down and submit to the intellect and will. Like some kind of hideousness, they rush in and stir up a row, bent on making one obey them alone so long as they are not curbed by the intellect and will.

**#432**

I feel the Lord's gaze piercing me through and through. I am very much aware of His greatness and my misery. An extraordinary suffering pervades my soul, together with a joy I cannot compare to anything. I feel powerless in the embrace of God. I feel that I am in Him like a drop of water in the ocean. I cannot express what takes within me; after such interior prayer, I feel strength and power to practice the most difficult virtues. I feel dislike for all things the world holds in esteem. . . .

**#512**

The day of renewal of vows. The presence of God flooded my soul. During Holy Mass I saw Jesus, and He said to me, **You are My great joy; your love and your humility make Me leave the heavenly throne and unite Myself with you. Love fills up the abyss that exists between My greatness and your nothingness.**

**#175**

When I left the confessional, ineffable joy filled my soul, so that I withdrew to a secluded spot in the garden to hide myself from the sisters to allow my heart to pour itself out to God. God's presence penetrated me and, in an instant, all my nothingness was drowned in God; and at the same moment I felt, or rather discerned, the Three Divine Persons dwelling in me. And I had such great peace in my soul that I myself was surprised that I could have had so many misgivings.

**#633 (Scripture) (1 Cor 13:6)**

I am greatly surprised at how one can be so jealous. When I see someone else's good, I rejoice at it as if it were mine. The joy of others is my joy, and the suffering of others is my suffering, for otherwise I would not commune with the Lord Jesus. The spirit of Jesus is always simple, meek, sincere, all malice, envy, and unkindness disguised under a smile of good will are clever devils. A severe word flowing from sincere love does not wound the heart.

**#579**

I know that the graces given me by God are often meant exclusively for certain souls. Awareness of this fills me with great joy; I always rejoice at the good of other souls as if they were my own.

**#485**

I accept joy or suffering, praise or humiliation with the same disposition. I remember that one and the other are passing. What does it matter to me what people say about me? I have long ago given up everything that concerns my person. My name is host – or sacrifice, not in words, but in deeds, in the emptying of myself and in becoming like You on the Cross, O Good Jesus, my Master!

**#1403**

O my Jesus, may You be blessed for everything! I rejoice that Your most holy will is being accomplished. That is quite enough to make me happy.

**#1592**

February 10, 1938. During meditation, the Lord gave me knowledge of the joy of heaven and of the saints on our arrival there; they love God as the sole object of their love, but they also have a tender and heartfelt love for us. It is from the face of God that this joy flows out upon all, because we see Him face to face. His face is so sweet that the soul falls anew into ecstasy.

**#1306 (on humility)**

O humility, lovely flower, I see how few souls possess you. Is it because you are so beautiful and at the same time so difficult to attain? O yes, it is both the one and the other. Even God takes great pleasure in her. The floodgates of heaven are open to a humble soul, and a sea of graces flow down upon her. O how beautiful is a humble soul! From her heart, as from a censer, rises a varied and most pleasing fragrance which breaks through the skies and reaches God Himself, filling His Most Sacred Heart with joy. God refuses nothing to such a soul; she is all-powerful and influences the destiny of the whole world. God raises such a soul to His very throne, and the more she humbles herself, the more God stoops down to her, pursuing her with His graces and accompanying her at every moment with His omnipotence. Such a soul is most deeply united with God. O humility, strike deep roots in my whole being. O Virgin, most pure, but also most humble, help me to attain deep humility. Now I understand why there are so few saints; it is because so few souls are deeply humble.

**#1566**

When I was apologizing to the Lord Jesus for a certain action of mine which, a little later, turned out to be imperfect, Jesus put me at ease with these words: **My daughter, I reward you for the purity of your intention which you had at the time you acted, and that in so distinct a way; and even now you still derive benefit from this; that is, from the humiliation. Yes, My child, I want you to always have such great purity of intention in the very least things you undertake.**

**#1728 (sin and repentance)**

**Write: I am Thrice Holy, and I detest the smallest sin. I cannot love a soul which is stained with sin; but when it repents, there is no limit to My generosity toward it. My mercy embraces and justifies it. With My mercy, I pursue sinners along all their paths, and My heart rejoices when they return to Me. I forget the bitterness with which they fed My heart and rejoice at their return.**

**Tell sinners that no one shall escape My hand; if they run away from My Merciful Heart, they will fall into My Just Hands. Tell sinners that I am always waiting for them, that I listen intently to the beating of their heart . . . when will it beat for Me? Write, that I am speaking to them through their remorse of conscience, through their failures and sufferings, through thunderstorms, through the voice of the Church. And if they bring all My graces to naught, I begin to be angry with them, leaving them alone and giving them what they want.**

**#998**

**. . . Then I heard a voice in my soul: These words are for you. Do all of you possibly can for this work of My mercy. I desire that My mercy be worshipped, and I am giving mankind the last hope of salvation; that is, recourse to My mercy. My heart rejoices in this feast. . . .**

**#300**

**Ask of My faithful servant [Fr Sopocko] that, on this day, he tell the world of My great mercy; that whoever approaches the Fount of Life on this day will be granted complete remission of sins and punishment.**

**Mankind will not have peace until it turns with trust to my mercy.**

**Oh, how much am I hurt by a soul's distrust! Such a soul professes that I am Holy and Just, but does not believe that I am Mercy and does not trust in My Goodness.**

**My Heart rejoices in this title of Mercy.**

**#1148 (How? Forgive!)**

**June 20, 1937. We resemble God most when we forgive our neighbors. God is Love, Goodness, and Mercy . . .**

**Every soul, and especially the soul of every religious, should reflect My mercy. My heart overflows with compassion and mercy for all. The heart of My beloved must resemble Mine; from her heart must spring the fountain of My mercy for souls; otherwise I will not acknowledge her as Mine.**

**#1037 (Holy Communion)**

**I find myself so weak that were it not for Holy Communion I would fall continually. One thing alone sustains me, and that is Holy Communion. From it I draw my strength; in it is all my comfort. I fear life on days when I do not receive Holy Communion. I fear my own self. Jesus concealed in the Host is everything to me. From the tabernacle I draw**

strength, power, courage and light. Here, I seek consolation in time of of anguish. I would not know how to give glory to God if I did not have the Eucharist in my heart.

### #515

In the evening, when I was walking in the garden saying my rosary and came to the cemetery, I opened the gate a little and began to pray for a while, I asked them interiorly, “You are very happy are you not?” Then I heard the words, “We are happy in the measure that we have fulfilled God’s will” – and then silence as before. I became introspective and reflected for a long time on how I am fulfilling God’s will and how I am profiting from the time God has given me.

### #1553

O my Jesus, Life of my soul, my Life, my Savior, my sweetest Bridegroom, and at the same time my Judge, You know that in this last hour of mine I do not count on any merits of my own, but only on Your mercy. Even as of today, I immerse myself totally in the abyss of Your mercy, which is always open to every soul.

O my Jesus, I have only one task to carry out in my lifetime, in death, and throughout eternity, and that is to adore Your incompressible mercy. No matter, either of angel or man, will ever fathom the mysteries of Your mercy, O God. The angels are lost in amazement before the mystery of divine mercy, but cannot comprehend it. Everything has come from the creator’s hand is contained in this inconceivable mystery; that is to say, in the very depths of His tender mercy. When I meditate on this, my spirit swoons, and my heart dissolves in joy. O Jesus, it is through Your most compassionate Heart, as through a crystal, that the rays of divine mercy have come to us.

### #324

The next day, I felt very weak, but experienced no further suffering. After Holy Communion, I saw the Lord Jesus just as I had seen Him during one adoration. The Lord’s gaze pierced my soul through and through, and not even the least speck of dust escaped His notice. And I said to Jesus, “Jesus, I thought You were going to take me.” And Jesus answered, **My will has not yet been fully accomplished in you; you will still remain on earth, but not for long. I am well pleased with your trust, but your love should be more ardent. Pure love gives the soul strength at the very moment of dying. When I was dying on the cross, I was not thinking about Myself, but about poor sinners, and I prayed for them to My Father. I want your last moments to be completely similar to Mine on the cross. There is one price at which souls are bought, and that is suffering united to My suffering on the cross. Pure love understands these words; carnal love will never understand them.**

### #1671

At that moment, I prayed to the Lord for a certain person, and the Lord answered me, **This soul is particularly dear to Me.** I was immensely happy with this. The happiness of other souls fills me with a new joy, and when I see the higher gifts in some soul, my heart soars up to the Lord in anew hymn of adoration.

**#1333**

Profound silence engulfs my soul. Not a single cloud hides the sun from me. I lay myself entirely open to its rays, that His love may effect a complete transformation in me. I want to come out of this retreat a saint, and this, in spite of everything; that is to say, in spite of my wretchedness, I want to become a saint, and I trust that God's mercy can make a saint even out of such misery as I am, because I am utterly in good will. In spite of all my defeats, I want to go on fighting like a holy soul and to comport myself like a holy soul. I will not be discouraged by anything, just as nothing can discourage a soul who is holy. I want to live and die like a holy soul, with my eyes fixed on You, Jesus, stretched out on the Cross, as the model of my actions. I used to look around for examples for examples and found nothing which sufficed, and I noticed that my state of holiness seemed to falter. But from now on, my eyes are fixed on You, O Christ, who are for me the best of guides. I am confident that You will bless my efforts.

**#1183 (present moment)**

O Jesus, I want to live in the present moment, to live as if this were the last day of my life. I want to use every moment scrupulously for the greater glory of God, to use every circumstance for the benefit of my soul. I want to look upon everything, from the point of view that nothing happens without the will of God.

God of unfathomable mercy, embrace the whole world and pour Yourself out upon us through the merciful Heart of Jesus.

**#1369**

With what great joy I returned to the convent! And on the next day I began the this great act of thanksgiving by renewing my vows. My soul became totally immersed in God, and there issued from my whole being but one single flame of gratitude and thanksgiving to God. There were not many words, because God's blessings, like a fierce fire, consumed my soul, and all sufferings and sorrows, were like wood thrown into the flames, without which the fire would go out. I called upon heaven and earth to join me in my act of thanksgiving.

**#481**

Almost every feast of the Church gives me a deeper knowledge of God and a special grace. That is why I prepare myself for each feast and unite myself closely with the spirit of the Church. What a joy it is to be a faithful child of the Church! Oh, how much I love Holy Church and all those who live in it! I look upon them as living members of Christ, who is their head. I burn with love with those who love; I suffer with those who suffer. I am consumed with sorrow at the sight of those who are very cold and ungrateful; and I then try to have such a love for God that it will make amends for those who do not love Him, those who feed their Savior with ingratitude at its worst.

**#333 (Spiritual Childhood)**

I now see clearly how God acts through the confessor and how faithfully He keeps His promises. Two weeks ago, my confessor told me to reflect upon this spiritual childhood. It was somewhat difficult at first, but my confessor, disregarding my difficulties, told me

to continue to reflect upon spiritual childhood. “In practice, this spiritual childhood,” [he said,] “should manifest itself in this way: a child does not worry about the past or the future, but makes use of the present moment. I want to emphasize that spiritual childlikeness in you, Sister, and I place great stress upon it.” I can see how God bows down to my confessor's wishes; He does not show Himself to me at this time as a Teacher in the fullness of His strength and human adulthood, but as a little Child. The God who is beyond all understanding stoops to me under the appearance of a little Child.

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