



Jesus Christ: The Source of Enduring Joy  
Elder David A. Bednar

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# How Do We Find Joy and Happiness?

For me and many others, there is sometimes an added wrinkle of complexity when it comes to feeling joyful or happy—even after choosing to live righteously. I've occasionally wondered, "If I'm keeping the commandments, why am I having such a hard time feeling happy?"

Many factors can upend our sense of happiness or well-being, such as loss of employment, the death of a loved one, or interrupted physical and/or mental health. Still, I've come to believe that no matter the valley you're trudging through, better days are ahead! In my article, "The Hunt for Happiness," on page 38, I share gospel perspective alongside scientific research with the goal of pursuing happiness, especially when it feels out of reach.

Elder David A. Bednar's article on page 16, "Jesus Christ: The Source of Enduring Joy," teaches us about true and lasting joy. Full of scriptural and prophetic insights, his article is packed with crucial instruction important to our eternal welfare as well as finding joy during mortality. Two more articles—"Be of Good Cheer" by Cristina B. Franco (page 24) and "Follow the Path of Happiness" by Bishop Gérald Caussé (page 52)—provide additional insights on seeking joy.

"Adam fell that men might be," the scripture says, "and men are, that they might have joy" (2 Nephi 2:25). After the darkest nights, light always returns in the morning.

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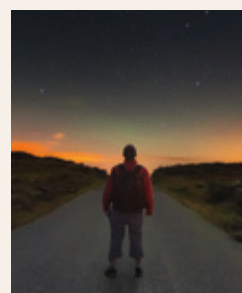
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