

# Finding Joy and Happiness

Source Sheet by Jodi Kaufman

## The Jewish Vocabulary of Joy

English	Transliteration	Hebrew
A generic word for happiness, also used to describe a celebration	<i>Simcha</i>	שמחה
A deeper, lasting happiness	<i>Osher</i>	אושר
A word used to mean both "light" and "happiness"	<i>Orah</i>	אורה
A term that may specifically refer to an exuberant outburst of joy or the "happiness of discovery"	<i>Gilah</i>	גילה
A term used to describe a "refreshing happiness"	<i>Rinah</i>	רינה
A "sublime joy"	<i>Ditza</i>	דיצה
A sudden, unexpected happiness	<i>Sasson</i>	ששון
A word used for both happiness and dancing, also used as a cry out for joy or a shout for joy	<i>Tzahala</i>	צהלה
A word denoting the "happiness of togetherness"	<i>Chedva</i>	חדבה
Shout of joy	<i>Teru-ah</i>	תרואה
To laugh, play, rejoice	<i>Tzachak</i>	צחק
Exultation, rejoicing	<i>Alzah</i>	עלזה

**Psalms 126:5**

They who sow in tears shall reap  
with songs of joy.

**תהילים קכ"ו:ה'**

הַזֹּרְעִים בְּדַמְעָה בְּרִנָּה יִקְצְרוּ:

**Psalms 30:12**

You turned my lament into dancing,  
you undid my sackcloth and girded  
me with joy,

**תהילים ל':י"ב**

הַפִּכְתָּ מִסִּפְדִּי לְמַחֹל לִי פִתְחַתְּ  
שָׂקִי וּתְאַזְרֵנִי שִׂמְחָה:

**Psalms 30:13**

that [my] whole being might sing  
hymns to You endlessly; O LORD  
my God, I will praise You forever.

**תהילים ל':י"ג**

לְמַעַן | יִזְמְרְךָ כְּבוֹד וְלֹא יִדָּם יְהוָה  
אֱלֹהֵי לְעוֹלָם אֲוֹדְךָ:

**Pirkei Avot 4:1**

Who is the rich one? He who is  
happy with his lot, as it says,  
"When you eat [from] the work of  
your hands, you will be happy, and  
it will be well with you" (Psalms  
128:2). "You will be happy" in this  
world, and "it will be well with  
you" in the world to come.

**משנה אבות ד':א'**

אִיזְהוּ עָשִׂיר, הַשִּׂמַח בְּחֻלְקוֹ,  
שֶׁנֶּאֱמַר (תהלים קכח) יִגִּיעַ כְּפִיךָ  
כִּי תֹאכַל אֲשֶׁרֶיךָ וְטוֹב לָךְ.  
אֲשֶׁרֶיךָ, בְּעוֹלָם הַזֶּה. וְטוֹב לָךְ,  
לְעוֹלָם הַבָּא.

**Proverbs 12:25**

If there is anxiety [*yashchena*] in a

**משלי י"ב:כ"ה**

דָּאָגָה בְּלֵב-אִישׁ יִשְׁחָנָה וְדָבַר

man's mind let him quash it, And  
turn it into joy with a good word.

טוב ישמחנה:

When should we push away our anxiety? What is a healthy way to do that?  
And, when do we talk to others about our anxiety?

(II) Rabbi Nachman of Breslov teaches, “If you don't feel happy, pretend to be. Even if you are downright depressed, put on a smile. Act happy. Genuine joy will follow.”

*Source Sheet created on Sefaria by Jodi Kaufman*