

On Sorrow

May 12, 2019

“And you shall be made sorrowful” John 16:20

Sorrow is a part of every life and we cannot let it lead to depression; nor can we let it lead us to actions that will make it worse. Our Lord points out that after a “little while”, our sorrow will be turned to joy. The “little while” is not defined as to length. Is it a little while compared to our life or compared to eternity? Regardless, if we make good spiritual use of the trials, we need not be discouraged. Sorrow is a passion that falls under the concupiscible appetite and is experienced when an evil is present to us.

Our Lord was the Man of Sorrows during His Passion. If we are to follow Him, we should expect some sorrow also. Through His Passion, our Lord freed us from sin, and through our sorrows, we can make reparation for our sins.

If sanctity is measured by our conformity to Christ, and if He was the Man of Sorrows, then we should expect that our growth in holiness will involve suffering of one sort or another. Though our suffering may be more interior as opposed to the exterior sufferings of our Lord in His Passion, the reality of suffering is there and we can use that cross to conform ourselves to Christ.

The virtue that helps us deal with sorrow is patience. Patience helps us to deal with a present evil in such a way that we are sanctified in the process and it keeps us from a paralyzing sorrow that could result from the evil. Patience is necessary for our salvation. Our Lord said: “It is by endurance that you will secure possession of your souls.” Luke 21:19

Sincerely in Christ,

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