

opusdei.org

“Sadness is the end product of selfishness”

May no one read sadness or sorrow in your face, when you spread in the world around you the sweet smell of your sacrifice: the children of God should always be sowers of peace and joy. (Furrow, 59)

April 7

Being children of God, how can we be sad? Sadness is the end product of selfishness. If we truly want to live

for God, we will never lack cheerfulness, even when we discover our errors and wretchedness. Cheerfulness finds its way into our life of prayer, so much so that we cannot help singing for joy. For we are in love, and singing is a thing that lovers do.

If we live our lives in this way, we shall be bringing peace to the world. We shall be making God's service attractive to others, because 'God loves a cheerful giver' [1]. Christians are ordinary people, but their hearts overflow with the joy that comes when we set out to fulfil, with the constant help of grace, the will of the Father. Christians don't see themselves as victims, underrated, or restricted in their behaviour. They walk head on high, because they are men and children of God.

Our faith brings out the full meaning of these human virtues, which no

one should ever neglect. Christians should be second to none as human beings. Those who follow Christ are able (not by their own merit but by the grace of God) to communicate to those around them what they at times suspect but cannot quite grasp: that true happiness, a genuine spirit of serving our neighbour, can only come by passing through the Heart of our Redeemer, *perfectus Deus, perfectus homo*. (Friends of God, 92-93)

[1] 2 Cor 9:7

pdf | document generated
automatically from [https://opusdei.org/
en-ca/dailytext/sadness-is-the-end-
product-of-selfishness/](https://opusdei.org/en-ca/dailytext/sadness-is-the-end-product-of-selfishness/) (08/24/2025)