

opusdei.org

## **“Are you sad, my son?”**

Never lose heart if you are an apostle. There is no obstacle that you cannot overcome. Why are you sad? (The Way, 660)

January 21

True virtue is not sad or disagreeable, but pleasantly cheerful. (The Way, 657)

If things go well, let us rejoice, blessing God who makes them prosper. And if they go badly? Let us rejoice, blessing God who allows us

to share in the sweetness of his  
Cross. (The Way, 658)

You ask me to suggest a cure for your  
sadness. I'll give you a prescription  
from an expert adviser, the Apostle  
Saint James: *Tristatur aliquis  
vestrum*, are you sad, my son? *Oret!*  
Pray! Try it and you will see. (The  
Way, 663)

Don't be gloomy. Let your outlook be  
more 'ours',--more christian. (The  
Way, 664)

*'Laetetur cor quaerentium Dominum.*  
Let the hearts that seek Yahweh  
rejoice'. There you have light, to help  
you discover the reasons for your  
gloominess. (The Way, 666)

en-ke/dailytext/are-you-sad-my-son/  
(02/22/2026)