

## **“True love means going out of oneself”**

Christian cheerfulness is not something physiological. Its foundation is supernatural, and it goes deeper than illness or difficulties. Cheerfulness does not mean the jingling of bells, or the gaiety of a dance at the local hall. True cheerfulness is something deeper, something within: something that keeps us peaceful and brimming over with joy, though at times our face may be stern. (The Forge, 520)

31 October

Some people feel embittered all the time. Everything makes them uneasy. They go to sleep with a physical obsession: that this sleep, the only possible escape, is not going to last very long. They wake up with the unwelcome and disheartening feeling that they now have another day in front of them.

Many have forgotten that the Lord has placed us in the world on our way to eternal happiness. They do not realise that only those who walk on earth with the joy of the children of God will be able to attain it.  
(Furrow, 305)

True love means going out of oneself, giving oneself. Love brings joy, but a joy whose roots are in the shape of a cross. As long as we are on earth and

have not yet arrived at the fullness of the future life, we can never have true love without sacrifice and pain. This pain becomes sweet and lovable; it is the source of interior joy. But it is an authentic pain, for it involves overcoming one's own selfishness and taking Love as the rule of each and every thing we do. (Christ is passing by, 43)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ng/dailytext/true-love-means-going-  
out-of-oneself/](https://opusdei.org/en-ng/dailytext/true-love-means-going-out-of-oneself/) (26/01/2026)