

“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/dailytext/are-you-sad-my-son/

(02/16/2026)