Sorrow: Day 13 of 39 Days

Man of sorrows what a name

for the Son of God, who came.

Phillip Bliss

I may not know you, but I know something about you. You've learned so much more about life through failure, suffering and pain than you have through pleasure and success. Your sorrow is intimacy and the people all around you, with smiles and small talk, add nothing to the transcendence of life. Sorrow is the gift no one prays to receive. And yet when sorrow comes it brings clarity, intimacy and a desire to change.

You're not the only one that grieves the evanescence of our time on this blue marble. Jesus grieved, wept, and lamented as well. He wept at the tomb of a friend. He mourned a city lost in the crippling legalism of alien liturgy and legalistic isolation.

When I look at my life, I, too, grieve. I grieve the obsessions I embraced that foolishly looked like safety and humility, when in fact they only gave birth to deeper dangers and pride.

Like you, Jesus loved someone with no reciprocation.

Like you, Jesus saw promises and covenants dispatched in a moment.

Like you, Jesus felt the shame of false accusation.

He showed us how to rise above the arrow-paths of a thousand earthly sorrows.

“Whenever you find tears in your eyes, especially unexpected tears, it is well to pay the closest attention. They are not only telling the secret of who you are, but more often than not of the mystery of where you have come from and are summoning you to where you should go next.”
Frederick Buechner

Reflect

Take a moment to identify the things for which you mourn.

Understanding Sorrow

When we grieve over the right things we find a fairer day ahead. The trick is to be able to bury the dead things that must be buried and call upon God to do what only He can do with the rest. We mourn but we do not sorrow as those who have no hope.

Lord, save me from the kind of sorrow that leads to despair and draw me to the sorrow that leads to forgiveness and dancing.