

## Weeping and rejoicing. Psalm 29:5

**“For wrath is in His anger, but in His will there is life; at evening shall weeping find lodging, but in the morning rejoicing.”** Psalm 29:5



Great Lent is almost upon us. The Psalter epitomizes the proper spirit for Great Lent. We discuss one typical verse and the necessity of “weeping” in order to obtain true rejoicing. Don’t be afraid to pray and live as a true Christian. It is a way wholly unlike the world, and the only way that leads to “morning rejoicing”.



It is a monastic practice and also a practice of Pious lay people that they would weep at night.

We must feel sorrow about this life or we are not Christians. This is not our home.

There are many beautiful things in the world, but there is much that is ugly also, including our sins and the sins of those we love and those we know. A well-adjusted Christian will be sad at some point (actually, many times) in the day. But this must be a sadness that leads to action.

Sadness that has no object is useless and leads to neuroses. The world is afflicted with this kind sadness (that leads to depression, and neurosis, and anger and dissatisfaction), and this sadness is usually associated also with self-centeredness and passions.

The world tries to alleviate its sadness by dozens of ways that are toxic to the soul. Each of these ways in which a passionate person relieves their sadness, if outside of prayer and submission to the will of God, leads to temporary relief only, and all of them exact a terrible price.

Sadness that is about sin and death leads to prayer and God filling the heart. We must cultivate this feeling by praying, especially in the evening, for those we love for those we know, for those we've crossed paths with, for those who are suffering, and against the many passions and sins that we encounter in ourselves and others. If we do this, we are not far from the kingdom of heaven. If we never think about the terrible situation so many people are in, and we don't have our heart ache because of their passions and sins as well as our own, then we really cannot call ourselves Christians.

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This is the essay that was written before the filming of an “Axe Man movie” (a video made when holding my grandson, Owen Daniel, whom I call “axe man”). The video and the essay are different.

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