



TEARS & JOY



Saint Mary's Coptic Orthodox Church
Ottawa - Youth Meeting - Nov 2019

joy **noun**



\ 'jɔɪ \ 



Definition of *joy*

- 1 a** : the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires : DELIGHT
 - b** : the expression or exhibition of such emotion : GAIETY
- 2** : a state of happiness or felicity : BLISS
- 3** : a source or cause of delight

Joy vs Happiness

- **Joy** = based on the presence of God with me & within me (**interior**)
- Joy is long-lasting & everlasting
- Joy begins here & continues there (forever)



- **Happiness** = depends on what **happens** around me (**exterior**)
- Happiness can be based on circumstances **out of my control**
- Happiness is temporal (temporary)



We use the terms interchangeably, but the above distinction is fitting.

Good-Happy vs Bad-Happy & No-More-Happy

Good Happiness

- Brings me closer to God, the source of Eternal Joy
- Eternal Joy in the age to come MUST start with ...
- Joy in the Lord while here in this world

Bad Happiness leads to No More Happiness

- Takes me AWAY from God, away from the source of real Joy
- Temporary Happiness Followed by Sorrow
- Foolish Happiness Outside of the Lord
- Fake Happiness
- A life away from God here would ultimately lead to an eternity away from God ...
- **There will be weeping and gnashing of teeth**

Good things are good for me and for those around me ... good things edify; bad things destroy.

Which Happy?

Good Happiness Sources

- God is the source of true Joy
- Comforting presence of the Lord
- Socializing with (real) friends: a good (real) friend brings me closer to (not farther from) God
- Enjoying God's gifts (physical or spiritual) while being thankful
- Sharing with others ... it is more blessed to give than to receive
- At peace with God, with others, with self (not living double life)
- Praising God (e.g. Psalmody)

Bad Happiness Sources

- So-called "adult entertainment"
- Gambling, drunkenness, revelries
- Drinking to loosen up
- So-called "recreational" drugs
- Social/sexual "experimentation"
- Gossip, making fun of others
- Rude behavior, inappropriate jokes
- Socializing with so-called friends who lead me to the above vices
- Addiction to passing pleasures
- Pride, trusting in power or riches

SORROW noun



sor·row | \ 'sär-(,)ō 

Definition of *sorrow*

- a** : deep distress, sadness, or regret especially for the loss of someone or something loved
 - b** : resultant unhappy or unpleasant state
// to their great *sorrow* they could not marry
- : a cause of grief or sadness
- : a display of grief or sadness



**Good Sorrow
leading to
repentance.**



[Luke 7:36-50](#)

Bad-Sorrow vs Good-Sorrow & No-More-Tears

Bad Sorrow

- Does not bring me closer to God
- Lacking hope in God
- Could be self-pity
- Could be sadness over earthly loss (such as gambling losses)

Good Sorrow

leads to

No More Sorrow

- Brings me closer to God (repentance)
 - Mingled with HOPE (God can change me)
 - Holy (Godly) Tears
 - Followed by Joy, or Mingled with Joy ...
 - Suffering with Christ
- Godly tears on earth lead to a life of Joy on earth, and eternal Joy in heaven ...
 - **God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying.**

Bad things are bad for me and for those around me ... good things edify; bad things destroy.

Sorrow of the younger son: good sorrow, leading to his repentance.

Sorrow of the Loving Father: good sorrow, eager for return of the son who was lost.

Sorrow of the older son: bad sorrow, filled with jealousy and resentment.



Types of Sorrow

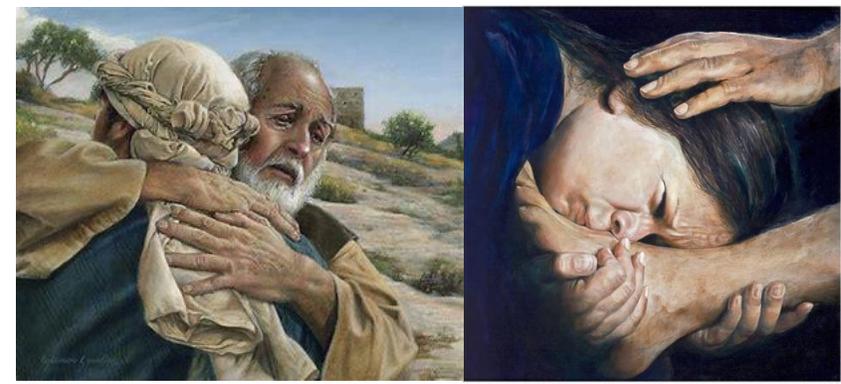
Bad Sorrow



- Resentful
- Blaming Others, Not taking responsibility
- Immature feelings without logic
- **Sorrow of slavery (addiction)**
- Despair (no hope) is one of the worst sins (denies God's power)
- Bad sorrow leads to depression

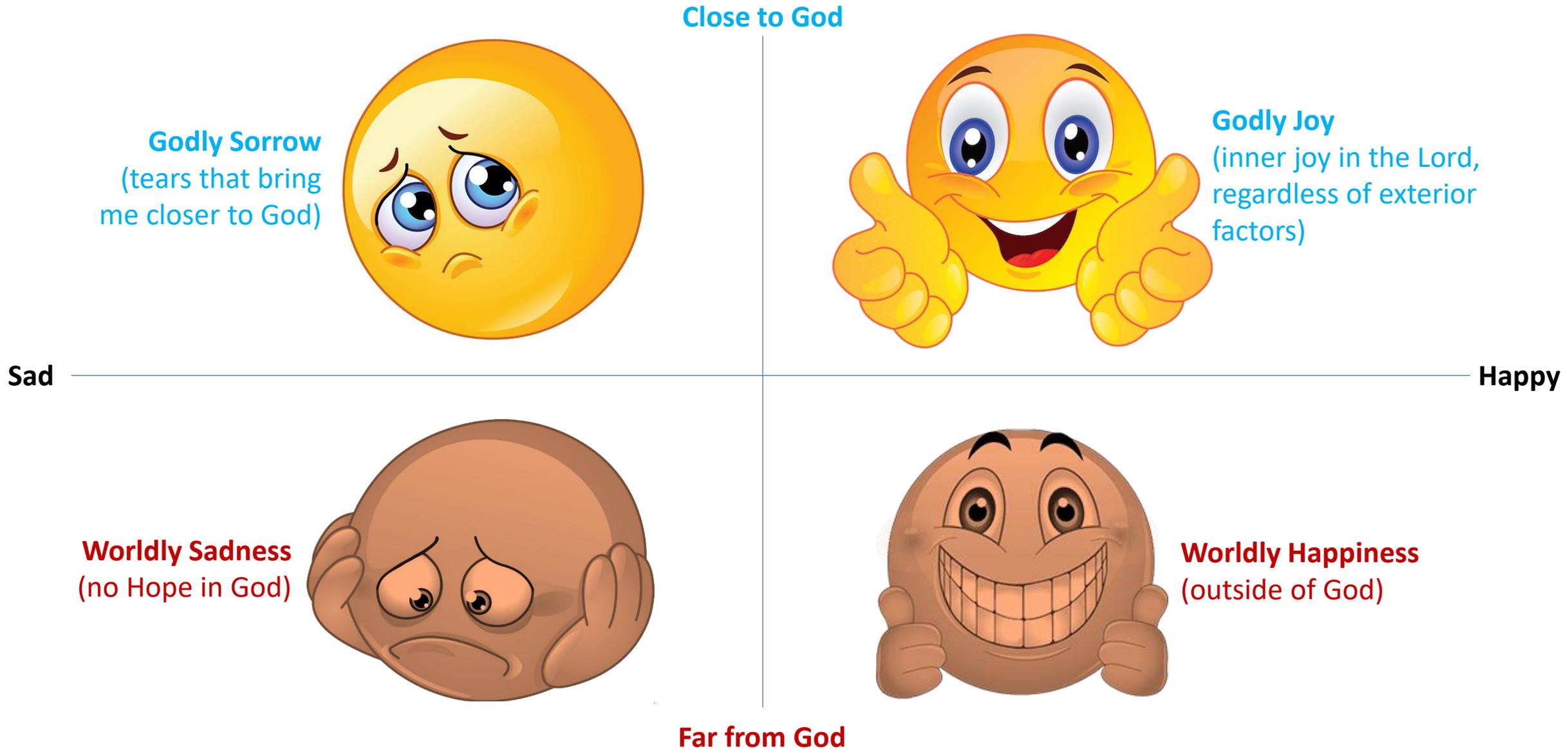
Ask God to flip your Bad Sorrow to Good Sorrow ... have Hope in God!

Good Sorrow



- Leads to Repentance (coming back to God, the source of Joy)
- Responsible, action-oriented ... get up and return to my Father
- **Sorrow of free children returning back to their Father**
- Hope in God, trusting that He alone can do the impossible
- Suffering for the sake of Christ
- Leads to lasting & everlasting joy!

Emoji Plot



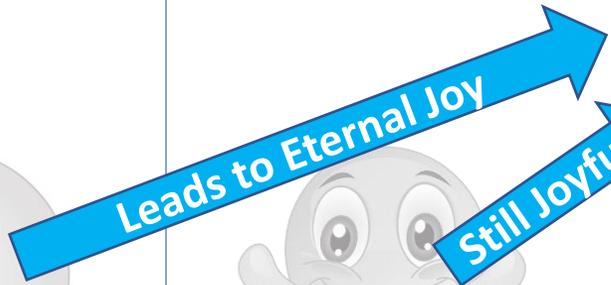
Emoji Plot during after-life (forever)

“For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory”
(1 Cor 4:17)

Close to God

Sad

Happy



Eternal Joy
(off the scale)



Eternal Suffering
(off the scale)

Far from God

“There will be weeping and gnashing of teeth, when you see Abraham and Isaac and Jacob and all the prophets in the kingdom of God, and yourselves thrust out.”

(Luke 13:28)

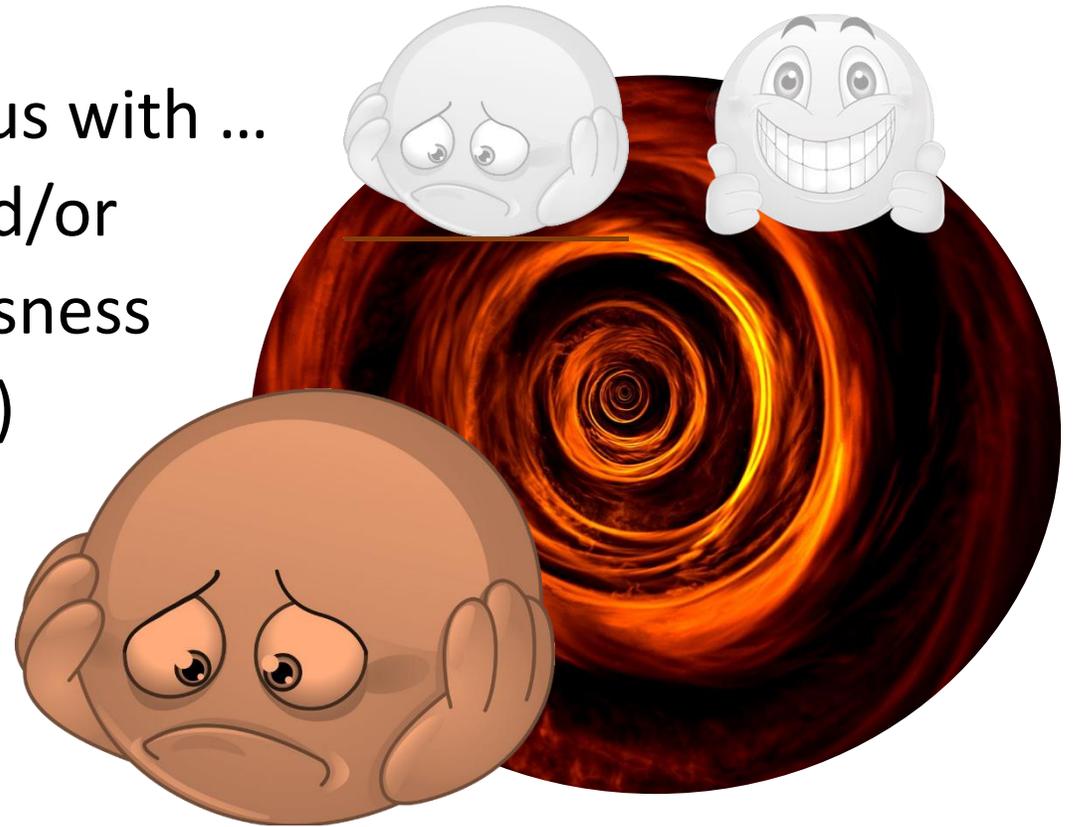
AVOID the Vicious Spiral DOWN to Death

Devil, evil spirit of deception tempts us with ...

- **temporary happiness** on earth and/or
- **unholy tears**, depression, hopelessness
- **hell on earth** (leading to perdition)
- spiral down to death

Vicious Cycle DOWN leading to:

- weeping & gnashing of teeth
- hearing the words, “Depart from Me” from the Lord (God forbid)



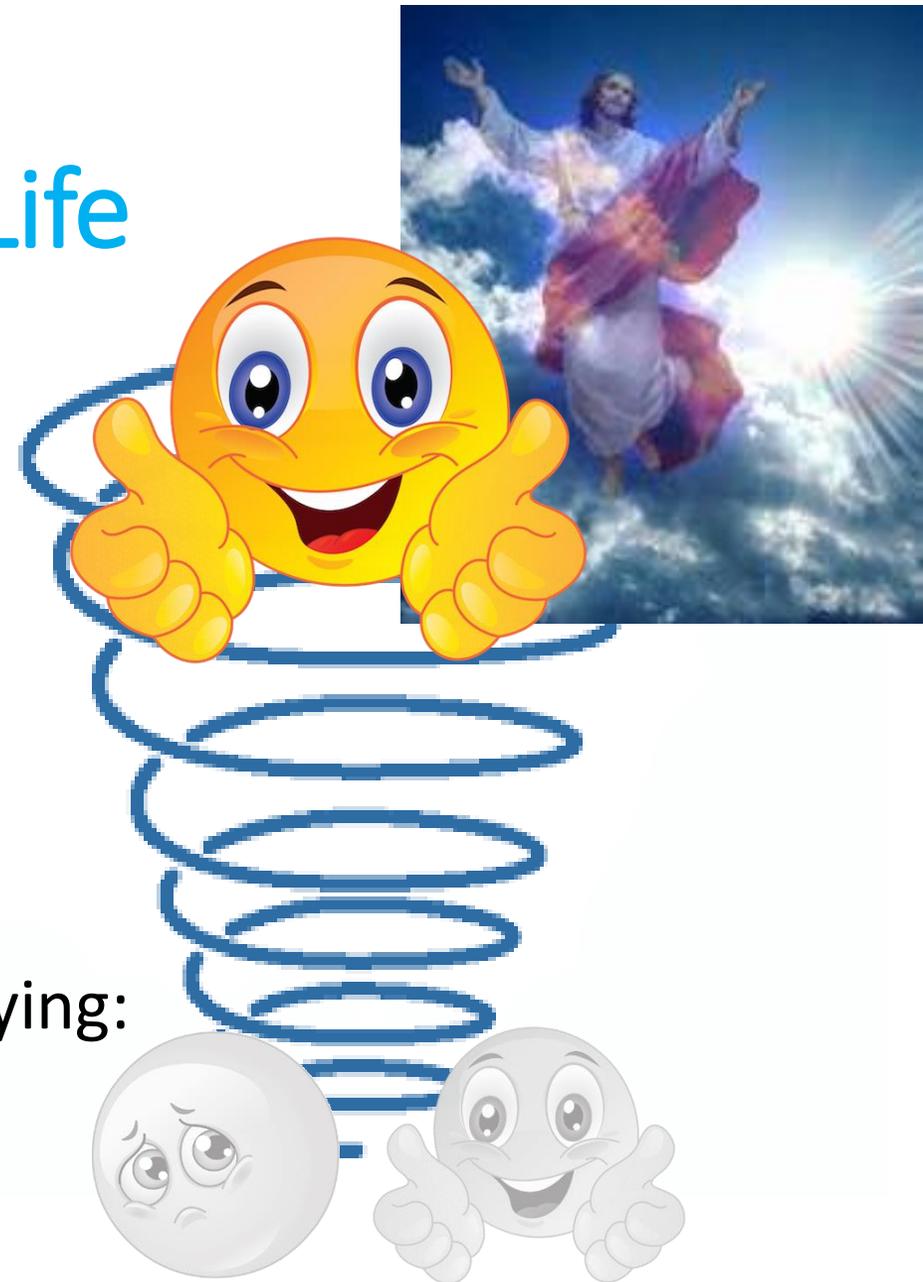
SEEK the Virtuous Spiral UP to Life

God, source of eternal Joy gives us:

- **holy tears** leading to repentance
- **joy** even while here on earth
- a **heavenly life** on earth
- spiral up to eternal life & joy

Virtuous Cycle UP leading to the Lord's voice saying:

- Enter into the joy of your Lord!
- Come unto Me you blessed of My Father!

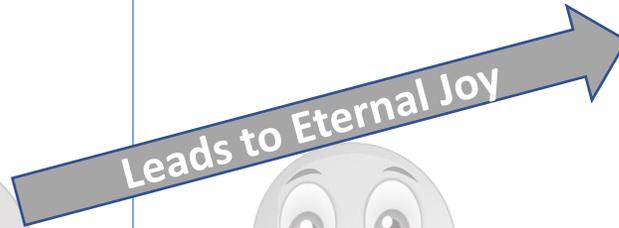


The Rich Man & Lazarus ([Luke 16:19-31](#))



Sad

Close to God



Eternal Joy
(Lazarus comforted)

Happy

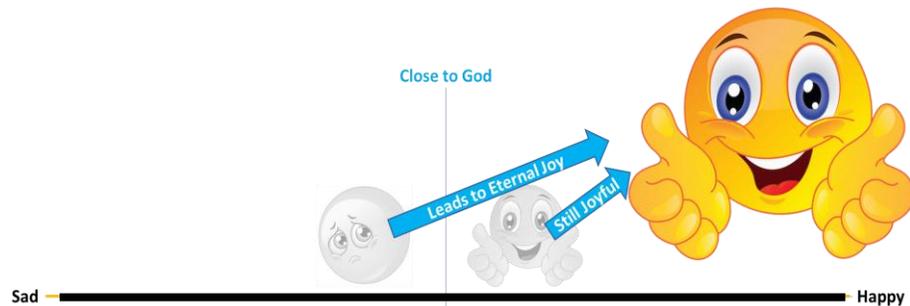


Eternal Suffering
(the rich man in torment)

Far from God

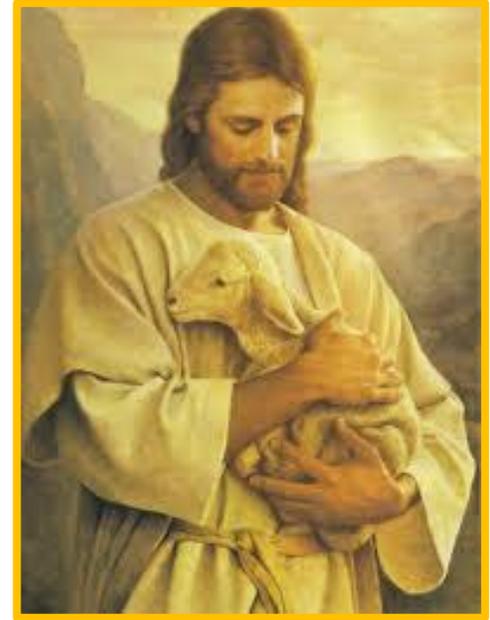


- Work to **stay** above the line
(**seeking to come closer to God**)
Eyes & Mind UP towards heaven
→ leading to eternal joy
- Do **not** venture below the line
(**drifting farther away from God**)
Do NOT focus DOWN on the earthly
→ leading to eternal suffering



Do not worry whether ...

- Sad or Happy
- Sick or Healthy
- Weak or Strong
- Poor or Wealthy
- Struggling or Gifted
- Suffering or Resting



so long as you are with Our Lord

“For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory”