

Holy Sorrow vs. Sadness

February 3, 1907, the Lord told Conchita:

“The mystery (presentation) which is being celebrated today concretizes your mission: the constant offering in your heart of the Victim that it be immolated on behalf of the world. The sorrow that comes about is a **holy sorrow, sublime, chosen, and most pure**, since the **creature does not undergo it seeking itself**, but suffers solely on account of My suffering. Here you have the perfection of sorrow and love....” (Our Lady of Solitude, Mother of the Church, p.11)

5/31/11

Through the hidden life of the MOC, My army of holy priests will be raised up

The MOC are the joy in heaven. They are the purest servants of the Father. It is through the hidden life of the MOC that My army of holy priests will be raised up. These spiritual mothers will live the tears and sorrows of their hearts, united as one with My Mother of Sorrows. It is My Mother's sorrows that continue to shower grace upon the world, and as My MOC unite as one with My Mother, the shower will become a living torrent of grace. Therefore, each MOC must be perfected in living her hidden ordinary life with all its trials, sorrows, exhaustion.... with pure love, and in this way, she will find her joy; the joy of knowing that she is participating in the hidden sorrows of My Mother for the salvation of many souls. Allow My Mother to form each of you, My daughters. It is Rosa Mystica that wants to form your gentle hearts. Mary reveals the sorrows of her pierced heart that continue to remain hidden and the roses of prayer, sacrifice, and penance. You must imitate Mary in this way. Your lives will become the sweet fragrance of prayer, and your sacrifices and penances will be lived in the most ordinary of your duties as women. Your lives as My victims of love will go unnoticed by the world but seen by the eyes of the Father. He will use your hidden lives of love to humble the proud. Know that you are My consolation.

What is the difference between holy sorrow and the human emotion of sorrow?

Jesus, the God-Man, is the Man of Sorrows. “He was despised and shunned by others, a man of sorrows who was no stranger to suffering” (Is 53:3). As the God-Man, He not only gives Himself totally by shedding every drop of His Blood for us, but He also receives all our wounds, brokenness, and sins. His life of total giving and receiving from the Incarnation becomes His **continuous interior state of sorrow** for our redemption.

Mary, from the moment of the Incarnation, participates in Jesus' sorrows for humanity; therefore, she is the Mother of Sorrows. This participation in the sorrows of Jesus is a profound interior state of union and intimacy with Christ.

There is a difference between holy sorrow and human sadness. **Sorrow lived with Christ and in Christ for the good of others is a state of union with God.** Sadness is focused on self, whereas holy sorrow is focused on Christ. Sadness is an emotion that comes and goes. **Holy sorrow is a permanent state of perfect union with Christ rooted in selfless love** in which the soul chooses

to remain solely for Love. Sadness and happiness are opposite emotions. Sorrow and joy are lived together as one in the Heart of Christ.

119. Joy Through Sorrows —Diary of a MOC.

Be filled with My joy in believing that God has found favor with you and delights in you...

I asked, "My Lord, how do I live this joy with so much sorrow?"

Because your sorrows are saving souls... Your tears, united to Mary's, are watering the face of the earth with God's grace. Your sorrows in Me bring forth new life... God the Father showers grace upon the earth through the sorrows of Mary, which are one in My sorrows. Your sorrows united as one to the Mother of Sorrows brings new life upon the earth. Your joy will be found in your perfect faith in this truth. Believe and continue to save souls through your sorrows. (6/3/14)

121. Embrace Your Sorrows with Perfect Joy —Diary of a MOC.

Embrace all the sorrows I place in your heart with perfect peace, trust, patience, and love.

Exteriorly reveal your gentle smile and PERFECT JOY in knowing the love of the Father, Son, and Holy Spirit for you,

—Your PERFECT JOY in knowing that We live in you and you in Us,

—The PERFECT JOY in knowing that you have been chosen by God to aid in the salvation of many and that you have responded,

—The PERFECT JOY of living in faith, hope, and charity,

—The PERFECT JOY of possessing the gift of the Cross,

—The PERFECT JOY of knowing more intimately LOVE and becoming ONE with LOVE,

—The PERFECT JOY of possessing the Holy Spirit as your most treasured Companion,

—The PERFECT JOY of seeing yourselves transformed into a new creation in Me,

—The PERFECT JOY of knowing Mary and living with her as ONE HEART in My LOVE CRUCIFIED. (06/28/11)

In the 2nd nail of crucifixion, Jesus teaches us to be attentive to our sadness, not react, and process it in His Heart to live the emotion for His purpose.

They (emotions) are integrated into Me so that through your denial of self, that is, reacting from them, they are lived solely to please Me... Your emotions serve only to suffer with Me and to console Me... 1/20/22

You choose, for love of Me, to allow the Spirit to align your feelings and emotions to

please Me in all things and to aid in the salvation of countless souls. 12/28/21

The purification of the human heart can only be accomplished through divine grace obtained through My death and resurrection. It requires a soul to allow My grace to unveil her many patterns of sin clothed in false piety and goodness. The stripping away of all darkness, which is anything that is not pure love, is a long and difficult process for the human soul. It requires a continuous Fiat from the soul, "Let it be done unto me according to your will." 1/20/22

An example of how the emotion of sadness is transformed into holy sorrow

These past two days with my friend were filled with much sorrow. At first, I did not understand my sadness because my friend was doing much better psychologically. I integrated my sorrow into the Lord to process it in Him. I asked before the Blessed Sacrament, "WHY am I feeling an overwhelming sadness?" Then, through today's Gospel from Luke, I received the grace of understanding.

Luke 14:12-14

"When you host a luncheon or a dinner, do not invite your friends or your brothers or your relatives or your wealthy neighbors, lest they invite you back and thus repay you. Rather, when you hold a banquet, invite the poor, the crippled, the lame, and the blind. Then indeed will you be blessed because they have no way to repay you. But you will be repaid at the resurrection of the righteous."

The intimacy of living the *Simple Path* with my friend no longer exists. My friend has chosen, for now, a different path, not the path of becoming a victim with The Victim. No longer having the intimacy of walking the *Path* together was my sadness. I felt great disappointment. Yet, the Lord taught me, through Luke 14, that my friend is "the maimed and the lame." She cannot "repay" me with consolation or gratitude. As God's victim soul, I am called to receive her into the banquet of Christ's Heart and to participate in His sorrows solely for love of her and Jesus.

During Holy Communion, I brought Jesus my sorrow contaminated with self-love to be cleansed by His precious Blood. I will be repaid in heaven, but on earth, I must be willing to suffer solely for Love forgetting myself and not expecting to be noticed, acclaimed, appreciated, or consoled.

*To come to know the love of your Beloved is to come to experience My sorrow. This is why My Mother is the Queen of Sorrows, for it is she who lived most perfectly consumed in My Heart. My little one, **this union of sorrows must move your heart to love all by suffering with silence, peace, and abandonment for all your brothers and sisters**, My sons and daughters. Exteriorly smile and tend to the duties of your vocation with detail and love but interiorly, through the arms of silence, live embracing your sorrows. 8/8/11*

I was feeling sadness and not holy sorrow. I felt sad because my friend was no longer consoling me, and great disappointment. My emotion of sadness was rooted in myself. As I processed my sadness with Christ, confronted my self-love hidden in my sadness, and brought this misery to the Lord in Holy Communion asking for His "blood transfusion," the Holy Spirit transformed it

into holy sorrow. I gave Jesus my contaminated sadness, and He has given me the gift of His pure sorrow for my friend. I made a conscious decision to accept my friend in her brokenness, knowing that I would not be “repaid” solely for the love of her and Christ. Now, the emotion of sadness is gone, but the state of sorrow remains. Yet, this **interior state of sorrow is peaceful and filled with the joy of God.**

My sorrows lived in My human heart reveal the love of God. My sorrows and My love are one. As I purify your emotions in Me, I am drawing you into the depth of My Sacred Heart to live as one in My sorrows. The union of sorrows is the perfect union of love with God on earth. The sorrows you live are My sorrows for souls. This union of love is where I'm bringing each of you, for it is the perfect union of love and, therefore, the perfect prayer to aid in the redemption of countless souls. Remain in My sorrows as one with Mary, My Mother of Sorrows, to obtain many graces for souls during these decisive times. Enter the silence of this most perfect union, which is the fruit of living the second nail of crucifixion with Me. I seal your mind, body, and soul with My kiss of love and gratitude. Go in peace. 11/5/22

Godly sorrow brings forth repentance.

St. Paul wrote a letter to the Christian community of Corinth, bringing them self-knowledge. He suffered knowing that his words would bring them sorrow, yet he rejoiced because this godly sorrow brought forth the fruit of repentance:

“Even if I did cause you sorrow with my letter, I do not regret it. Such **godly sorrow results in repentance that leads to salvation and causes no regret, whereas **worldly sorrow produces death.**” (2 Cor.7:8,10)**

Jesus taught us from the beginning of the *Simple Path* that we must live “wrapped in the gift of self-knowledge”:

The soul that lives wrapped in the gift of knowledge grows in true humility and then is able to advance in My path on the wings of the Holy Spirit. 12/12/11

The journey through the narrow path of the Cross into our hearts is a **continuous discovery of our misery, which is the process of death to self.** Through the 2nd nail of crucifixion, we discover that our emotions, including our sorrows, are tainted with self-love. This discovery of the truth of our fallen nature brings forth the godly sorrow of repentance. This is why St Paul rejoiced at the sorrows of the Christians at Corinth because they received the gift of “repentance that leads to salvation.”

Jesus explains the fruit of this process:

This process draws you into the bosom of the Father. It is a beautiful process in which the soul begins to live the joy of perfect faith and hope detached from self.

The process from the beginning of My Path to the first nail of crucifixion is a process of going deep, emptying, and cleansing. The second nail begins the expansion of the heart. As you abandon yourself in everything to My Will and choose to live every situation with trust in My love and the goodness of ABBA, you grow in abandonment, which expands your heart with Divine Love. You no longer live according to your feelings and emotions but in perfect trust in my love and mercy. You choose to live to please Me as one with the Father through the grace of the Holy Spirit and deny your own feelings. 12/19/21