

## Thank God for tears, which wash our hearts and clear our minds.



**T**HE ANCIENT GREEKS CALLED IT CATHARSIS—an emotional purging or purifying. In Greek tragic dramas, the audience was made to experience intense feelings of sorrow, pity and fear, which according to Aristotle, brought about a purifying of the emotions that turned people to the true values of life. Sorrow was an edifying experience.

Thank God that He and His service are not all sorrow and tragedy, but He does give us a few trials and a few tests and a few hard things to go through to bring out the sweetness and the best in us. Like a giant hand squeezing a honeycomb, God puts the squeeze on us and out comes the honey. Like a beautiful flower that is pressed and crushed, God applies the pressure and out comes the perfume. Like the beautiful music that comes from the throat of a bird—almost as though in pain, yet it comes forth with song. We learn a lot through sorrow, and some of the most precious lessons in life come out of deep dark experiences.

O Joy that seekest me through pain,  
I cannot close my heart to thee;  
I trace the rainbow through the rain,  
And feel the promise not in vain,  
That morn shall tearless be.<sup>1</sup>

<sup>1</sup> George Matheson (1842–1906).