367 Sadness (*Tristicia*)

There is some sadness from the consideration of sins, another from compassion for neighbors, and others from love of the fatherland.

Concerning the first, Baruch 2[:18]: “The soul that is sorrowful for the greatness of evil she hath done, and goes bowed down,” etc. The Psalmist [37:7] treated this when he said, “I am become miserable, and am bowed down even to the end: I walked sorrowful all day long.”

Concerning the second, Rom. 9[:2]: “I have great sadness, and continual sorrow.” Again, Jer. [8:21]: “For the affliction of the daughter of my people I am afflicted,” etc. But alas because few today have contrition, they have like the Psal. [68:21]: “I looked for one that would grieve together with me, but there was none,” who I found.

Concerning the third sadness, it is said in Psal. [41:11-12]: “They say to me day by day: Where is thy God?” and it follows, “Why are you cast down, O my soul?” Whatever, some of this sadness is at work in us. For the first works as a cure of punishment. The second by the solitude of fraternal health. The third by the vehemence of love.

Concerning the first, 2 Cor. 7[:10]: “The sorrow that is according to God works penance, steadfast unto salvation.” Because according to Isidore,[[1]](#endnote-1) penitence is a certain punishment, in retribution punishing himself because he is sorry for what he has committed.

Concerning the second sadness, 2 Cor. 7[:11]: “Behold you were made sorrowful according to God, how great carefulness it works in you.” Besides those things which are without: my daily instance, the solicitude for all the churches.”

Concerning the third, Psal. 41[:2, 6]: “As the hart pants after the fountains of water,” and it follows, “Why are you sad, O my soul?” And Isai. 26[:8]: “Your name, and your remembrance are the desire of the soul.”

1. Isidore, *Etymologiae* 6.19.71 (PL 82:258): Poenitentia appellata, quasi punitentia, eo quod ipse homo in se puniat poenitendo quod male admisit. [↑](#endnote-ref-1)