

# The Remedy for Sadness

by Mary Wilder Tileston

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*The remedy for sadness lies in prayer and cultivating kindness through external acts of generosity.*

**Scripture:** Proverbs 11:25, Galatians 6:2, Ephesians 4:32, Philippians 2:4, Colossians 3:12

**Topics:** "Prayer And Kindness", "Overcoming Sadness"

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## Description

Mary Wilder Tileston emphasizes the importance of cultivating kindness in our lives, highlighting how acts of kindness can break the spell of sadness and self-absorption. She explains that prayer is the remedy for sadness, but when sadness stems from selfishness, turning to God in prayer may be met with reluctance. Tileston suggests that breaking out of sadness can be achieved by engaging in external acts of kindness or generosity, which help shift the focus away from oneself and towards others, ultimately freeing the spirit from melancholy.

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## Transcript

Be ye kind one to another.

EPHESIANS 4:32

The remedy for sadness is prayer. But as sadness broods in selfishness, and is inclined to rest rather in our own unhappy thoughts than on God, the soul turns to prayer with reluctance. Hence the saddened one must first turn to God by vocal prayer, persevering in which that reluctance will be overcome; and as the sadness subsides, the spirit will enter anew into the heart of prayer. The second remedy against sadness is to break out of it by some external act of kindness or generosity. For the malady consists in a morbid concentration upon one's self, and a brooding within one's self that repels sympathy and kindness, as being adverse to this melancholy mood, a mood that can only be cherished in isolation of spirit. But let the will make a little effort to be kind and considerate towards another; and it is amazing how soon that malignant charm is broken that held the soul spellbound to her saddened thoughts and imaginary grievances. A smile, a kind look, a few gentle words, a considerate action, though begun with effort, will suffice to open the soul, and set the spirit free from its delusion. WILLIAM BERNARD ULLATHORNE

To cultivate kindness is a great part of the business of life.

SAMUEL JOHNSON

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