Proverbs 14:13

**13. Even in laughter the heart may be sorrowful, and mirth (joy) may end in heaviness (grief).**

Life as humans was not supposed to be rough, it was supposed to be joyful, and spent with our creator. All was supposed to be perfect and we were supposed to live forever within these bodies. This was not to be, we as humans did what all humans do and rebel against our God. We were convinced that we could always have it better, we could learn more without God than with Him. We all know how this story ends. It ends in death for all of God’s creation, but it does not stop at death as our souls are made to endure forever, we now have two places to go after these earthly bodies die out.

This devotion today shows the inner person. Most if not all of us in this room feels this short simple devotional. We have lived it and shared with those closest to us. We all know the pain of faking it until we make it so to speak. We all know that sometimes when we do not feel like smiling we have to force it. We do not do it for ourselves, we do it for the benefit of others, and we try to convince others we are fine. Humans are a very prideful species. Like most at the top of the food chain, we do not like to show weakness and to us grief and sorrow is weakness.

A lot of men grow up believing that crying is not manly. We are taught to view sorrow and pain as the enemy. We are to be solid, we are to be rocks and we are not to crumble. Every man in this room knows that moment when all that sorrow and pain leaks out and we crumble. We are all told throughout the bible to cast our cares on Christ and He will help us carry them. We are taught that Christ is there for the broken hearted and weary. Christ our Savior has been in all of our shoes and knows that even though we can fool the world we cannot fool Him.

For all the people out there this morning that are sorrowful and feel like just breaking down remember we have a friend who sticks closer than a brother. You may not think anyone will understand or listen but trust me when I say there are plenty in this building who will lend an ear to your grief, and as always we have a Savior who is always there comforting us all.

Remember this week to continue in your prayers to your Father in Heaven and keep in His Word as His Words are truly the only ones that bring about eternal life. CMTTP