To joy, from dejection (Saint Porphyrios of

Many of

our saints changed dejection into joy through their love for Christ.

In other words, they took this spiritual force which the devil wished to destroy and gave it to God, transforming it into joy and exultation.

Prayer and the worship of God gradually transforms dejection and turns it into joy.

» *Venerable Porphyrios of Kavsokalyvia*

Source: pemptousia.com