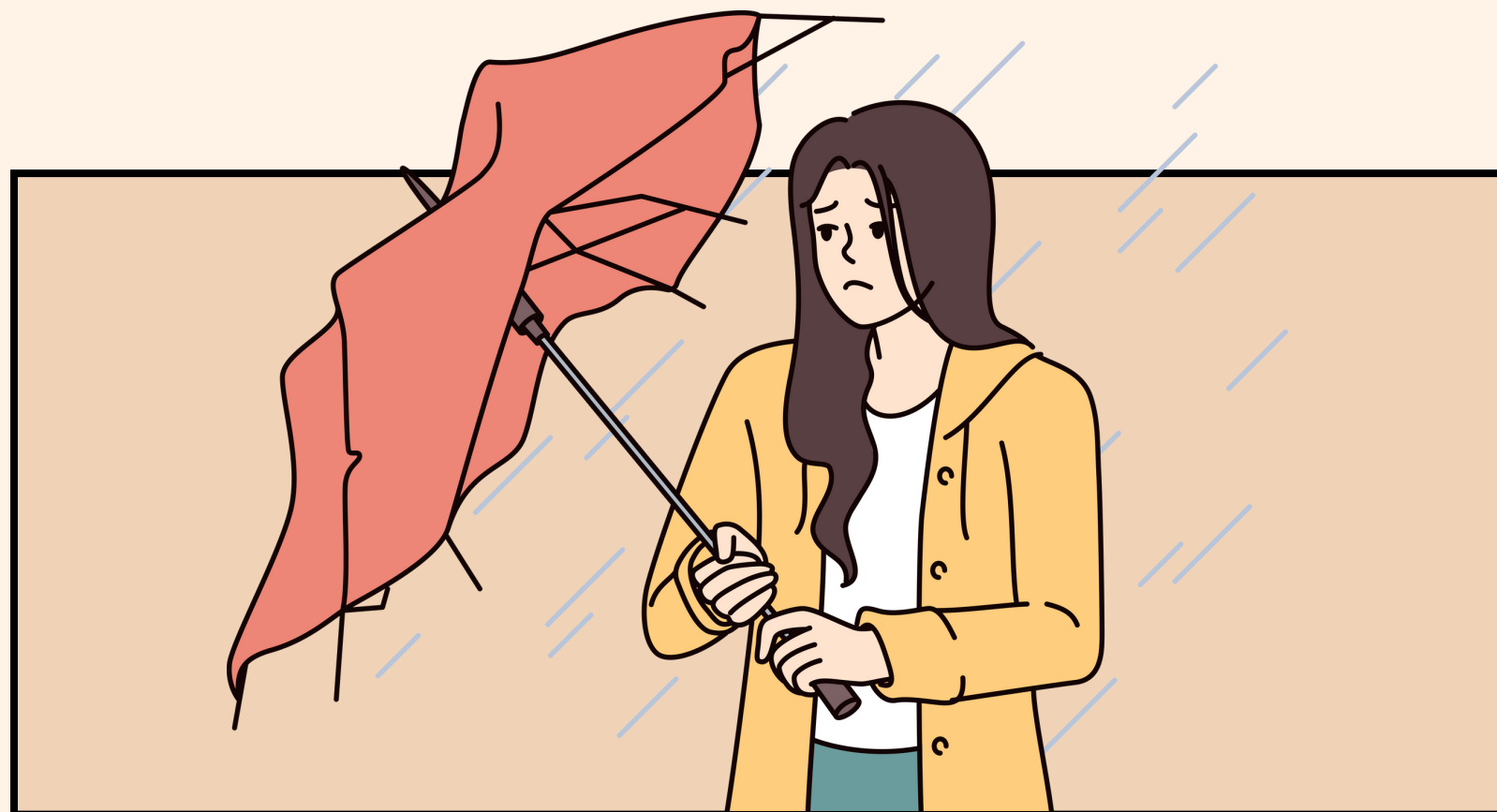


HOW TO FIND PEACE IN SUFFERING

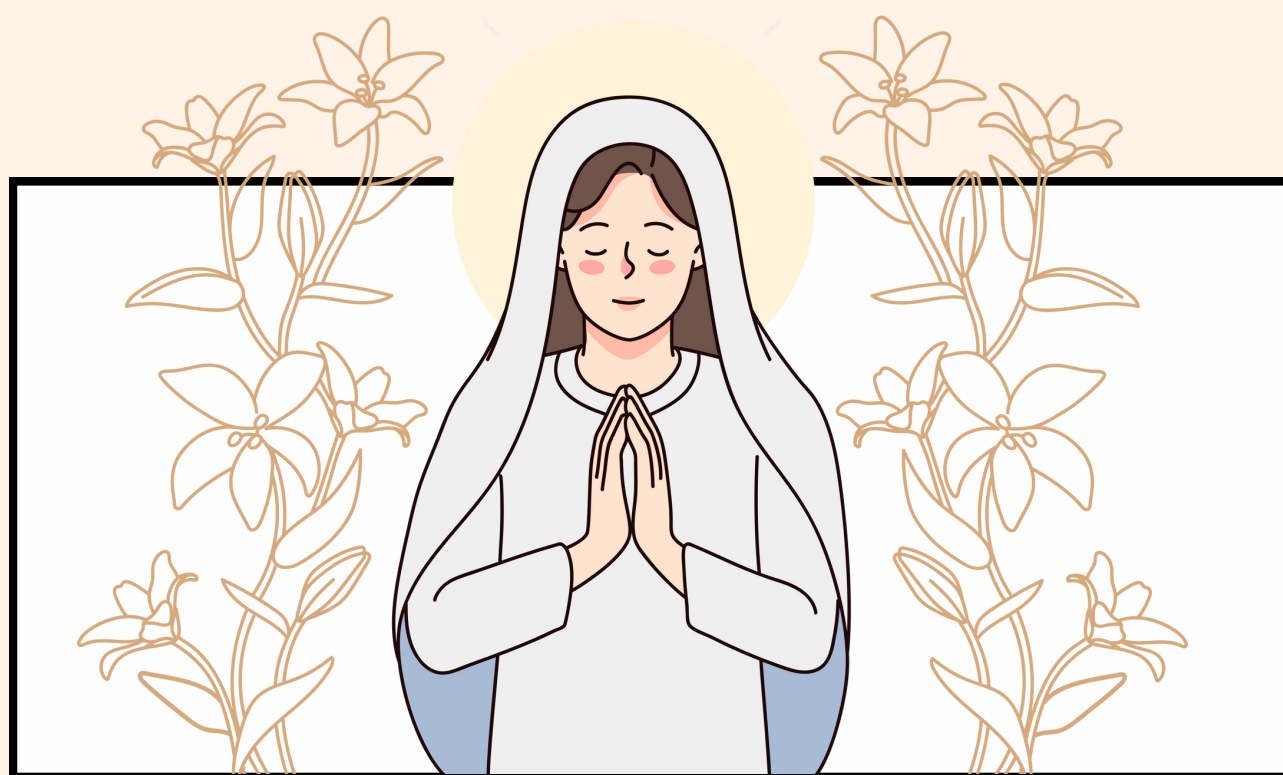
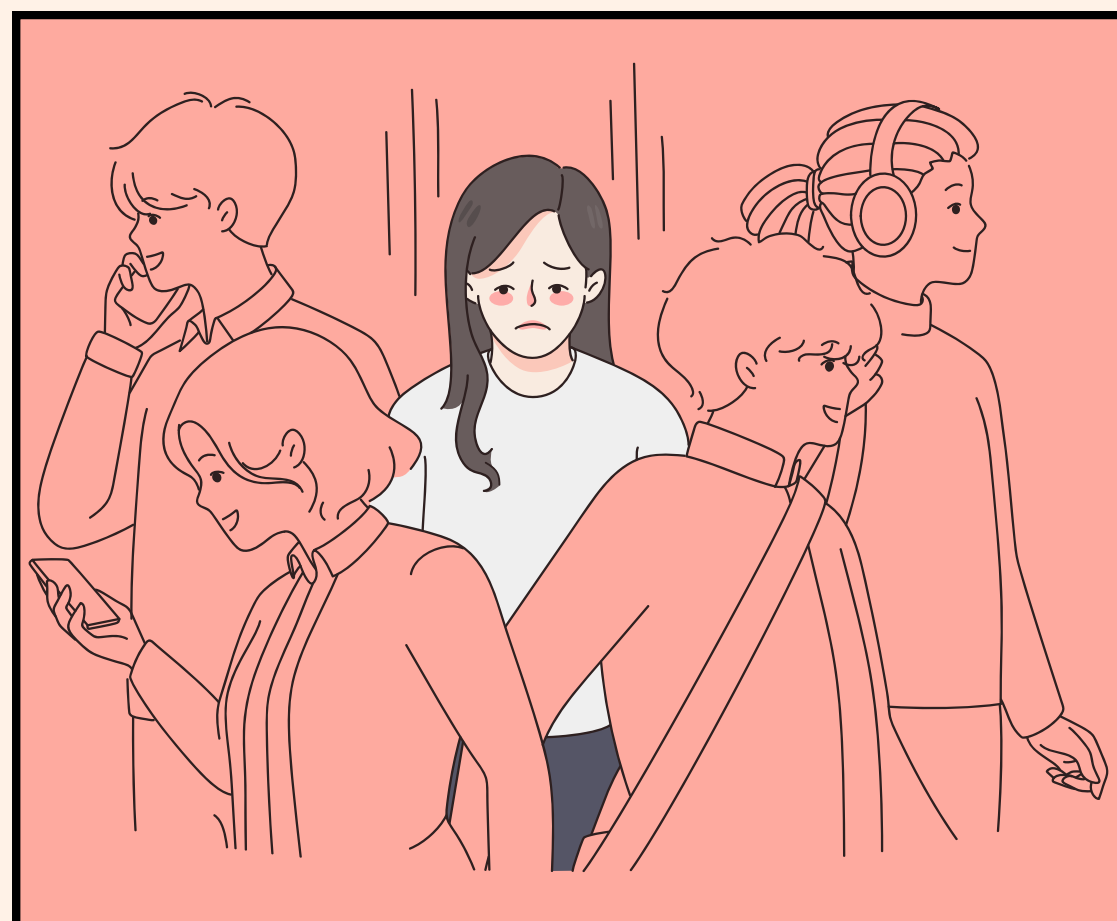


"IF GOD SENDS YOU MANY SUFFERINGS, IT IS A SIGN THAT HE HAS GREAT PLANS FOR YOU AND CERTAINLY WANTS TO MAKE YOU A SAINT."
- ST. IGNATIUS

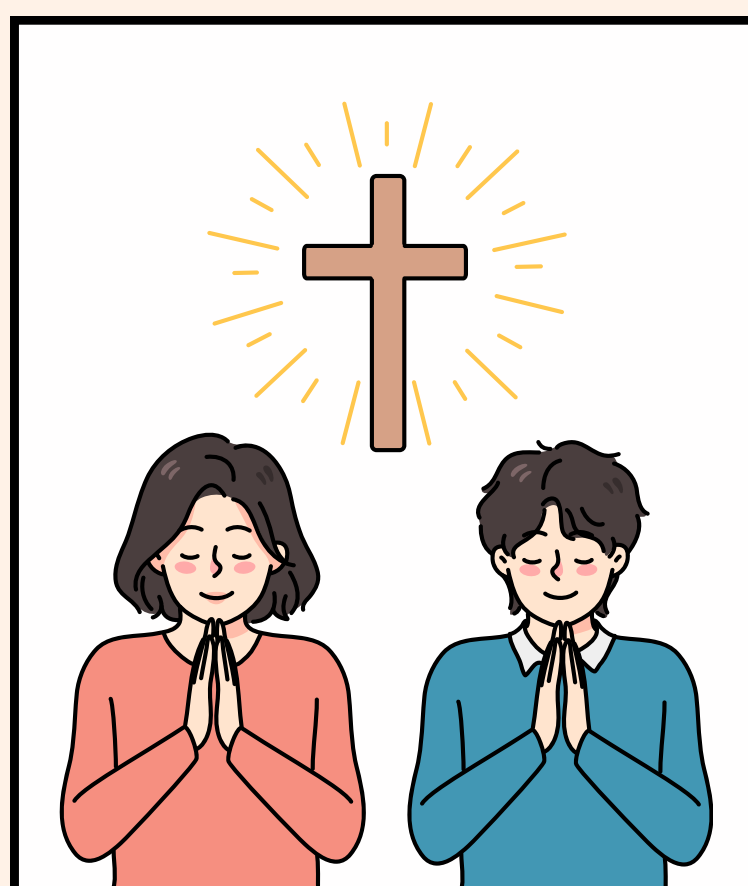
"PAIN AND SUFFERING HAVE COME INTO YOUR LIFE, BUT REMEMBER PAIN, SORROW, SUFFERING ARE BUT THE KISS OF JESUS - A SIGN THAT YOU HAVE COME SO CLOSE TO HIM THAT HE CAN KISS YOU."
- SAINT TERESA OF CALCUTTA

PRACTICE RECOGNIZING TRIALS NOT AS AN ABSENCE OF GOD BUT AS AN OPPORTUNITY TO TRUST IN HIM. MEDITATE ON JESUS SUFFERING IN THE GARDEN OF GETHSEMANE. PLACE YOURSELF IN HIS MIDST AND ACCOMPANY HIM IN HIS AGONY. ASK JESUS TO HELP YOU ACCEPT YOUR CROSS AS HE DID.

BY HIS PASSION AND DEATH ON THE CROSS CHRIST HAS GIVEN A NEW MEANING TO SUFFERING: IT CAN HENCEFORTH CONFIGURE US TO HIM AND UNITE US WITH HIS REDEMPTIVE PASSION. (CCC 1505)



REMEMBER HOW MARY SUFFERED AT THE LOSS OF HER SON. REACH OUT TO HER FOR COMFORT AND ASK HER TO PRAY FOR YOU.



"TRIALS AND TRIBULATIONS OFFER US A CHANCE TO MAKE REPARATION FOR OUR PAST FAULTS AND SINS. ON SUCH OCCASIONS THE LORD COMES TO US LIKE A PHYSICIAN TO HEAL THE WOUNDS LEFT BY OUR SINS. TRIBULATION IS THE DIVINE MEDICINE."
- SAINT AUGUSTINE

