

# dealing with suffering

Suffering makes no sense in itself, but trusting God under all circumstances leads in time to profound meaning. So take God's hand and walk bravely forward.

When wrestling with the why of suffering doesn't solve its riddle, try focusing on the Who- the compassionate Healer and Source of wisdom who accompanies You through the dark valley.

Stay in touch with all the turmoil in your heart: anxiety, denial, fear, anger, sudden shifts between hope and despair. Your true feelings are the clearest channels you have for dialoguing with God and other loving friends.

When tragedy strikes, it's normal to assault heaven with a list of painful whys. Why suffering? Why is this happening to me? Why now? Why do innocent people suffer? Allow yourself to ask the questions.

You may also struggle with what to do in response to suffering. If there's any positive action you can take, find the courage and the way- and do it. If there's nothing you can do externally concentrate on your inner response. Pray for consolation and hope; be open to the mysteries of your heart's healing.

Pain and tragedy can result from a world that is still unfinished and evolving. In the beginning, God started to draw order out of chaos, but pockets of chaos remain. Have patience with the incompleteness of the world and its creatures, including yourself.

Let your tears flow forth honestly within your own soul, with trusted persons, and before God. Releasing your tears opens the window to healing.

Wounds are a part of life, but the God who heals wounds is a much deeper reality. Seek the deeper reality- seek God the Doctor of Your Soul.

Sometimes suffering comes into your life because of your own decisions and actions. Determine how you may be contributing to your suffering and what you can do to create healing.

Good people, everywhere are working hard to build a better world and to free it of suffering. Link arms with them and share their goals.

God doesn't interfere with human freedom, even when that freedom allows persons to make choices that are destructive to themselves and others. Respect the power of your free choice and use it for good.

Keep close to the people you love and count on for support. Their compassionate presence and hugs are an important source of comfort and faith.

God invites us to join the Divine plan to ultimately conquer sin and chaos and move the world to completion and peace. Accept God's offer of partnership and use your creative efforts to end suffering.

God isn't hiding along the pathway of life- ready to ambush you and punish you for your failings and shortcomings. God is there to love and heal not to ambush.

When deep suffering or loss befalls you, it will take time to be set free of your trauma or broken heart. Remember that through it all God's healing love is at work.

Embrace suffering as a natural part of life. Just as shadow and light define each other and one cannot exist without the other, so it is with suffering and joy. You can't know real joy if you've never known real suffering.

In the midst of suffering., trust that either your burden will lighten or you'll receive the strength to endure. The way to get beyond suffering is to go through it with love in your heart and God at your side.

As you lean into your suffering, you are linked in spirit with suffering people of every place and age. United with them, let your compassion come to life in prayer, words, and actions that help those who suffer.

**You can't choose not to suffer, for we'll all surely suffer. But you can choose not to let suffering make you embittered or less loving. The question is not "How can I avoid suffering in my life?" but "How can I choose even in suffering to be more alive and loving?"**

**Crying, screaming, and raging can be prayers. Life has dealt you a cruel blow. Name your hurt to God.**

**Allow suffering to enhance your humanity. When you trustingly bear some deep sorrow, your heart grows in wisdom and grace.**

**You may not be free to avoid suffering, but you're always free to shape your attitude toward suffering. Use your freedom to choose courageously and wisely.**

**Let your pain and uncertainty move you naturally toward prayer. A rich prayer life can be an unexpected positive that results from the negative of suffering.**

**With healing, bones become stronger in the places that were broken. The same is true of broken hearts. Open yourself to the healing energy embedded deep in the universe and in God's heart.**

**Good parents care for a sick child until healing comes. If it doesn't, they stand by lovingly until the child passes to new life. Know that Your Divine Parent is even more eager to bring you to wholeness**

**Just as the strokes of a surgeon's knife can bring about immense good even the saving of a life- so can God create good out of apparent evil. Trust in the healing hand of God who is wiser than any doctor.**

**In your sorrow, look for new awakenings and rebirth- and the dawn beyond the darkness. Like a sunflower, keep turning to the Light and you'll find hope, despite the passing clouds**

**In suffering, you can discover there are circumstances over which you have no control. Accept your own finiteness as you rest in the infinite.**

**You can make sense out of suffering by embracing God who draws meaning from it -through your own loving response. Know that the God who brought order out of chaos can create something noble from your confusion and tears**

**Suffering can be purifying. Let your suffering help you to place life's petty annoyances in perspective and point you to what's truly important.**

**Suffering can be transformative. Let your suffering open you to a deeper capacity for loving, to cherishing the persons who enrich your life.**

**Suffering can confer a coldness on your life. When it does, warm yourself with nature, music, art, humor, laughter**

**Sunlight is the best disinfectant. Place yourself in the warm radiance of God's healing care and unconditional love.**

**Be open to your suffering and hurt. your human frailty can be the gate through which the God of love is found.**

**Trust that, in the midst of what doesn't seem to make sense, God has only loving plans for you. Give yourself over completely to God's love.**

**When you find it hard to pray, surrender to the emptiness or, rather, to God just beyond it. God is close to the brokenhearted.**