

## If I Should Suffer...

**“Is not life on earth a drudgery...” Job 7:1**

Why is there suffering in the world, if God is so merciful and loving? When one asks such a question, one must also be open to a response. God does not will suffering, suffering is but a limitation of this world and it is through suffering that God brings forth beauty and wonder beyond the limitations of suffering. The essence of God's love is that He suffers with His people.

**“No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it.” 1 Corinthians 10:13**

How is it that those who accept suffering, as one would accept the taste of food, or the color of the sky, are able to realize that suffering is a mysterious part of life that can neither be explained or cured? Those who endure suffering and accept it as a part of life, are able to live beyond the suffering; they are able in spite of their suffering to enjoy and live with fullness and wonder of life. It doesn't make the suffering any less or any easier, but it does help you to appreciate the life we have and those we love and all who love us.

**“If we have no peace, it is because we have forgotten that we belong to each other.” Mother Teresa**

In suffering we become more in-tune to the world around us and to one another in a solidarity that can only be found in the context of suffering. **“Suffering is the common force that unites all people to the bond of humanity.”**

**“...we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.” Romans 5: 3-5**

Suffering is not only physical, it affects all facets of life. But because we seek to control suffering, we fail to see the good that God can bring out of that which we cannot control.

**“May I obtain peace in mind, body and spirit,  
through the sufferings of mind, body and spirit.”**

*Dear Jesus,*

*If I should suffer O Lord, then let my suffering be done for those whose hearts know not the peace that only you can give. Let my suffering be for those hardened by the evil of hatred and injustice. If I am to suffer, let me then have solidarity with all who suffer. How can I say that my suffering is greater than another? Let me suffer with You so that I may be formed by Your love and that I may express that same love through my suffering for all who suffer and know not the beauty that You are able to create from suffering. Amen*