

Why All People Suffer

How a loving God uses suffering to perfect us

Book by Dr Paul Chaloux

Suffering itself is not evil; it points out evil so that we can see it. It is put in place by a loving God to protect us from evil in the same way a fire detector protects us from fire.

4 tasks of Suffering

Building Virtue

Reorienting ourselves to God

Unleashing love of Neighbor

Redeeming the Sufferer

First task of suffering

Developing the human virtues and proper self love

Cardinal virtues:

Prudence

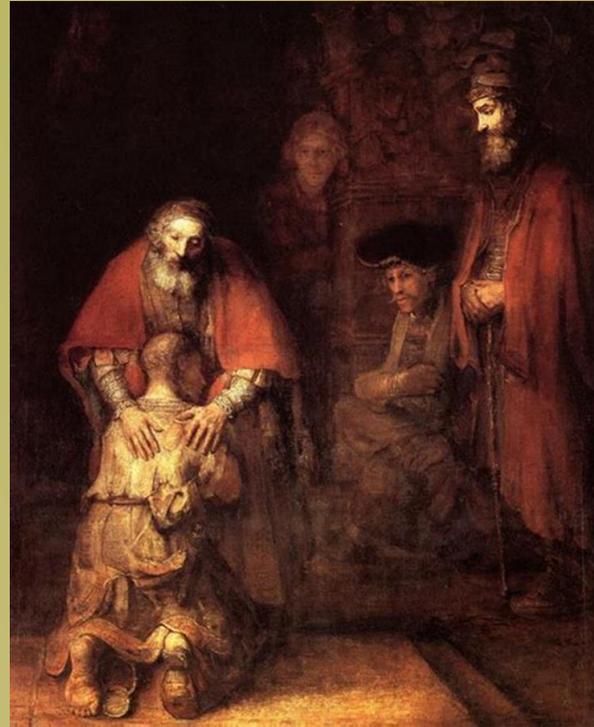
Justice

Fortitude

Temperance

Second task of suffering

Reorienting
the soul to
God



The correct understanding of suffering can aid in our reconciliation with God.

The wrong interpretation drives us away from God and the right one pushes us into his arms .

“Suffering is often a catalyst for conversion, particularly when we can’t resolve the suffering through human means – this would be the case in chronic illness.”

St Francis and St Ignatius



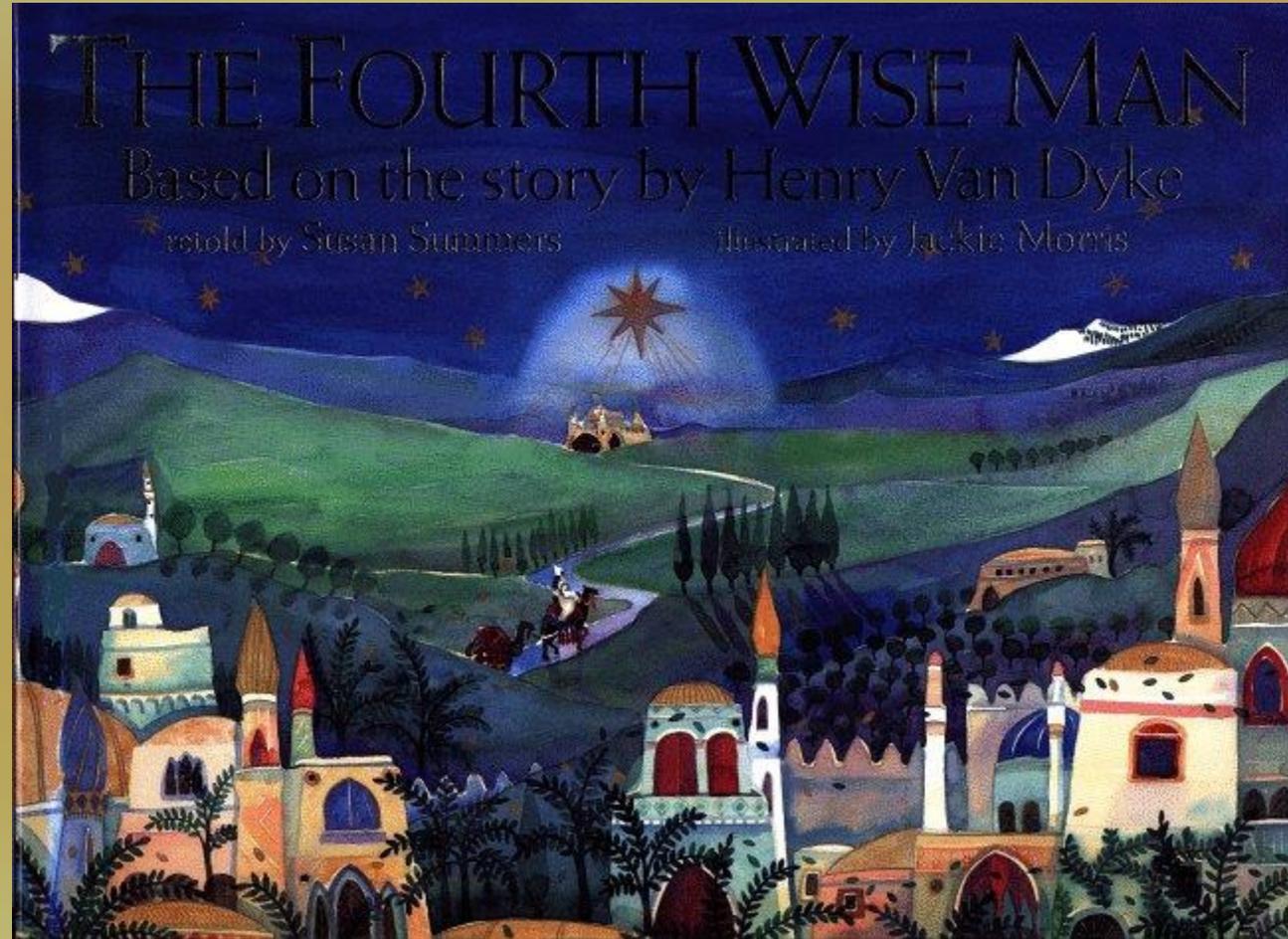
Third task of suffering

Unleashing Love

St John Paul II

Suffering “is present in order to unleash love in the human person, that unselfish gift of ones ‘I’ on behalf of other people, esp. those who suffer.”

The Fourth Wiseman



Fourth task of suffering

Redeeming the sufferer

When we know that our suffering can lead to the salvation plan for others brings us joy, even zeal for souls. This type of suffering is a supreme gift of the Holy Spirit, think St Therese of Lisieux on her deathbed praying for conversion of souls.

What does it mean to offer it up?

How exactly do we offer up our suffering?

We can pray a morning offering and offer what's in our day to God. And this a great way to start the day

How to offer up suffering

First, we make the act of offering it up when we are IN the suffering. Stop, acknowledge the suffering, bring it to mind specifically and then pray:

*All for thee most Sacred Heart of Jesus

* Lord, please accept this pain as an offering for my own sins, for the souls in purgatory, for the conversion of my family. Please use this pain and make it something beautiful. Lord, I know you can use this. Please use my pain that I have forgotten to offer up in the past."

*Dear Lord, during this trial, I offer up to You my confusion. Give me clarity. I offer up to You my despair. Give me hope. I offer up to You my weakness. Give me strength. I offer up to You my pettiness. Give me generosity of spirit. I offer up to You all my Negative thoughts from Satan So that when he asks ‘Where is Your God now?’ I may respond “Right here with me, giving me His grace As a Heavenly beam of light penetrating your darkness!” Oh my Jesus, I offer this for love of Thee, for the conversion of sinners, and in reparation for the sins committed against the Immaculate Heart of Mary.

Seeing the 4 tasks of suffering in our own lives.
Go back and look at a time of suffering in your life, and
see if you can see the 4 tasks.

Ask Yourself:

1. How did the suffering make me a better person? Did I grow in virtue?
 2. Did it draw me closer to God?
 3. Did I feel loved through it? Was love unleashed b/c of the suffering?
 4. Was I able to offer up the suffering and unite it with Jesus' suffering on the Cross?
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Next week:

Suffering in God's Providential Plan-

The problem of evil

Natural evil

The evil of sin

Theology of suffering

Final week:

Answering the Call to Share in God's Nature -

All people suffer

The Church's role

Finding Joy in Chronic Illness

Sufferers as messengers of God

Joy in finding meaning in suffering