

FAITH HABITS

Pain & Suffering – Part III

Let's try to make some sense of Pain. Surely it comes to us in more forms than we care to imagine, in more intensity than we can explain. Sometimes it is unbearable because we simply cannot get beyond it to see its purpose. Most of us can relate to that, because we have fewer problems in our youth. As we mature, we ask: Why pain, why suffering, why tragedy, why injustice, why illness, why accidents, why the death of the young, why the silence of God, why, why?

All of us have our sad stories, not all of us have a neatly wrapped ending. Maybe that's because when it comes to understanding or making sense of our painful experiences, we must endure alone, there simply are no neat or satisfactory explanations.

After a tragedy I lived through, the death of our only son, I found myself asking over and over, "How do I make sense out of this pain?" I asked many to share their thoughts and prayers with me in seeking this answer. One very good friend from the Retreat Center I spoke with, reminded me to bring my concerns to the Cross and share my concerns on compassion, suffering, spiritual awareness, and how all of our problems connect with Jesus on the Cross. When I asked "Why", he told me "Oh, but you are asking the wrong question. You can't make sense out of pain. The question you must ask is "how do I find peace out of my pain?" He went on to say, "you can only do this by walking into your grief and accepting the mystery, knowing that God is with you." Believe me, when you loose a child, you do a lot of growing up, both mentally and spiritually! Once we free ourselves from self-concentration, self concerns, self everything, we finally have the chance to connect with everyone, and with Heaven as well!

Our prize for this connection with God is our gaining freedom. Once we find ourselves spiritually, we realize it's the Spirit, not the air that fills us, and we connect with our source in joy and peace. If we accept our suffering as an important roll when it comes to our relationship with God, only then can we accept it and hopefully realize that strangely enough, there can be spiritual beauty in pain and suffering.

Jesus said "The Kingdom of God is within you." But the key to the Kingdom is pain and suffering. I think of life as like making bread with yeast. Pain beats you down, you find ways to rise, it beats you down again, and you find another way to rise, always improving in maturity, to become who we are right now! That rise is always through prayer and understanding our personal connection with the Crucifix.

Prayer: Lord, help us to connect our pain to Your suffering on the Cross. For this we pray and give thanks.

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