



# SUFFERING - (1)

## How to Make the Greatest Evil in Our Lives Our Greatest Happiness

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Suffering is the great problem of human life. We all have to suffer. Sometimes small sorrows, sometimes greater ones fall to our share. We shall now tell our readers how to avoid much of this suffering, how to lessen all suffering and how to derive great benefits from every suffering we may have to bear.

The reason why suffering appears so hard is that: first of all, we are not taught what suffering is. Secondly, we are not taught how to bear it. Thirdly, we are not taught the priceless value of suffering.

This is due to the incomprehensible neglect on the part of our teachers.

It is surprising how easily some people bear great sufferings: whereas, others get excited even at the smallest trouble.

The simple reason is that some have been taught all about suffering; others have not.

### SUFFERING IS NOT THE EVIL WE THINK IT IS

First of all, then, suffering is not simply an evil, for no one suffered more than the Son of God Himself, more than His Blessed Mother or more than the Saints. Every suffering comes from God. It may appear to come to us by chance or accident or from someone else, but in reality, every suffering comes to us from God. Nothing happens to us without His wish or permission. Not even a hair falls from our head without His consent.



**Why does God allow us to suffer?** Simply because He is asking us to take a little share in His Passion. What appears to come by chance or from someone else always comes because God allows it.

Every act in Our Lord's Life was a lesson for us. The greatest act in His life was His Passion. This, then, is the greatest lesson for us. It teaches us that we too must suffer.

God suffers all the dreadful pains of His Passion for each one of us. How can we refuse to suffer a little for love of Him?

### SUFFERING IS THE GOLD IN OUR LIVES

Secondly, if we accept the suffering He sends us and offer them in union with His sufferings, we receive the greatest

rewards. Five minutes' suffering borne for love of Jesus is of greater value to us than years and years of pleasure and joy. The Saints tell us that if we patiently bear our sufferings, we merit the crown of martyrdom.

Moreover, suffering borne patiently brings out all that is good in us. Those who have suffered are usually the most charming people.

If we bear these facts clearly in mind, it certainly becomes much easier to suffer.

### GOD ALWAYS GIVES STRENGTH TO BEAR OUR SUFFERINGS

Thirdly, when God gives us any suffering, He always gives us strength to bear it, if we only ask Him. Many, instead of asking for His help, get excited and revolt. It is this excitement and impatience that really make suffering hard to bear.

Consider that we are now speaking of all suffering, even the most trifling ones. All of us have little troubles, pains, disappointments, every day of our lives. All these, if borne for love of God, obtain for us, as we have said, the greatest rewards.

### HOW TO BEAR SUFFERING

Even the greater sufferings that may fall to our share from time to time become easy to bear if we accept them with serenity and patience. What really makes suffering difficult to bear is our own impatience, *our revolt*, *our refusal* to accept it. This irritation increases our sufferings a hundred-fold and besides, robs us of all the merit we could have gained thereby.

We see some people pass through a tempest of suffering with the greatest calm and serenity; whereas, others get irritated at the slightest annoyance or disappointment. We can all learn this calm and patience. It is the secret of happiness.

An eminent physician, in a conference which he gave to distinguished scientists and fellow doctors, told them that he owed all his great success in life to the simple fact that he had corrected his habit of impatience and annoyance, which had been destroying all his energy and activity.

Everyone, we repeat, without exception, can learn this calm and serenity. (to be continued)