

Suffering for Good

2 Timothy 2:8-13

New Testament Reading

“Therefore, I bear with everything for the sake of those who are chosen, so that they too may obtain the salvation that is in Christ Jesus, together with eternal glory.”

2 Timothy 2:10

What would you think if I told you that all of your sufferings were not pointless? What if you could use your least favorite food for an eternal good?



It's true!



Every little or big thing that we suffer (eating food you don't like, being hurt by rude words, breaking your arm, losing a loved one, etc) can be used for eternity.

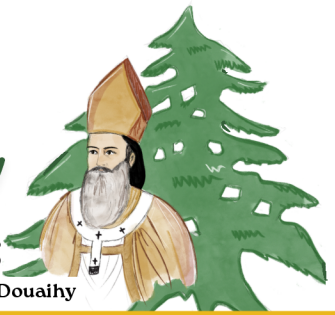
When Jesus suffered on the cross, His suffering was not pointless. His suffering was used for our redemption. For our salvation.



If we remember to offer our own sufferings to the Lord so that He can use them for good to help others or ourselves, He will do so! Suffering on earth may shorten our time in purgatory or obtain graces for another person.

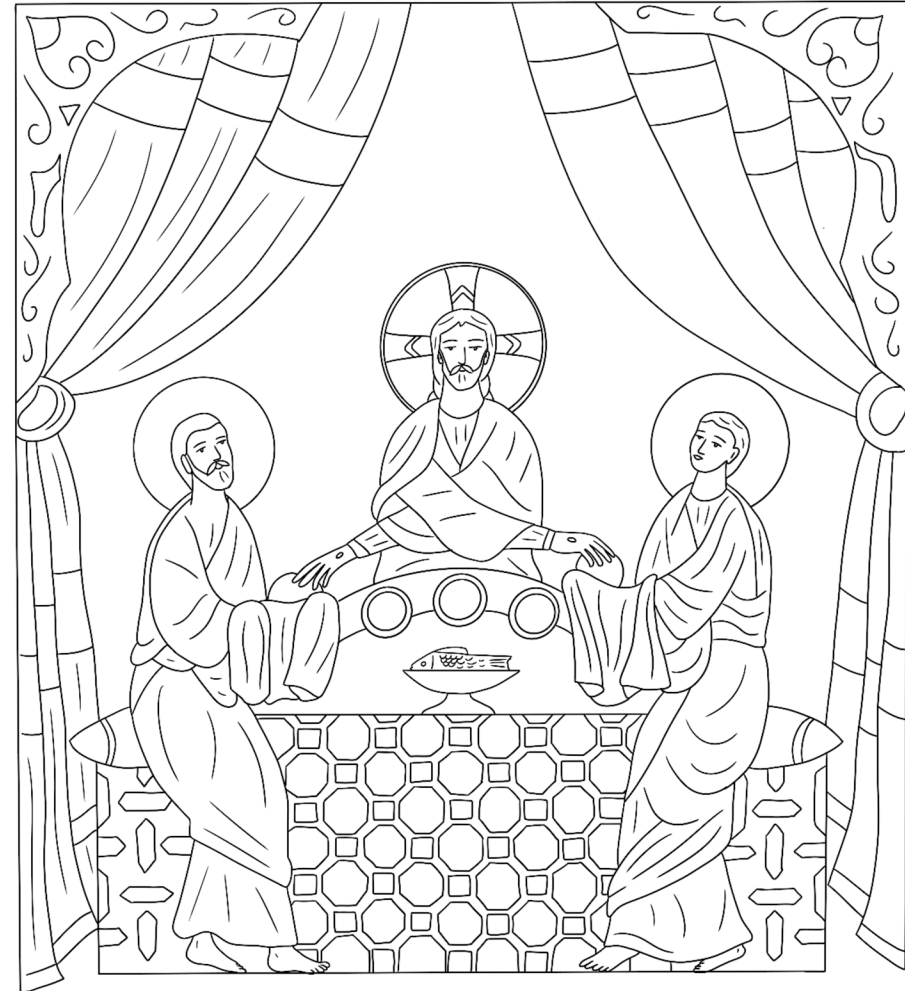
The Lord know best how to apply our sufferings, it is just important that we remember to offer them to Him.

Cedar Kids



The Way of Blessed Estephan Douaihy

3rd Sunday of the Resurrection, Vol 2, No.30



**Our Lord said: Why are you sad?
Dear disciples, do not grieve; the Spirit will come to you.
He will strengthen you in faith,
for you truly love your God.**

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Gospel Corner

Luke
24:13-35



Do you ever feel confused about the teachings of Jesus? Or the teachings of the Church? Do some things not make sense to you? If so, that is okay!

The disciples who walked with Jesus while he was on earth were also confused and had doubts sometimes, especially after Jesus suffered and died on the cross. You see, they thought he came to earth to save and redeem them - to help them have a better life! We know that is exactly what Jesus did, but he did not do it in a way his disciples were expecting.

After the Resurrection, when Jesus encountered two disciples walking along the road to the town of Emmaus, Jesus walked with them. They were downcast, sad, and distressed about what had just happened to Jesus - how he was brutally killed and died on the cross. Nothing made sense to them and their faith was shaken.



Jesus did not abandon these two disciples in this time of confusion. Instead, Jesus walked with them, he continued to teach them, to remind them of the things they had learned from the prophets, and he helped them to better understand why he had to suffer and die for them. Then he showed them in the "blessing and breaking of the bread" how he is with them always in the Eucharist.

If you ever feel confused about the faith, or something doesn't really make sense, remember it is okay to ask questions. Even adults have doubts and always need to learn more. Jesus will never abandon you, just like he did not abandon his disciples when they were confused. Jesus will always help you when you have questions, whether with someone from Church, a passage in the Bible, or a friend to help you understand, and he is always with you to give you spiritual strength in the Holy Eucharist.



Did you know?

GIFT of UNDERSTANDING

The gift of Understanding is a supernatural gift of the Holy Spirit that helps us to comprehend the truths of the Catholic faith, Sacred Scripture, and God's divine plan. Understanding helps us to move beyond surface-level knowledge to a profound, heart-centered realization of God's plan.

What you can do



Pay close attention to all the parts of the Divine Liturgy and notice what is happening at each moment.

Offer your sufferings to the Lord to use for good. If you forget, you can do it whenever you remember! You can also pray the Morning Offering each morning to offer your sufferings in advance.

The Morning Offering

There are many different versions of the Morning Offering prayer. Trace the letters of the Morning Offering prayer below. Then you can color it and cut it out and leave it beside your bed to pray each morning.



O my God,

I offer You through the Immaculate Heart of Mary,

all my thoughts, words, actions, and sufferings of this day,

to please You, to honor You, and to make up

for my sins. Amen.