

LENT: SUFFERING



WORD OF THE WEEK

JOHN 14: 1-6

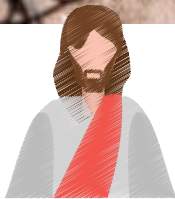
Set your troubled hearts at rest. Trust in God always; trust also in me. There are many dwelling places in my Father's house; if it were not so I should have told you; for I am going there on purpose to prepare a place for you... I am the way; I am the truth and I am the life; no one comes to the Father except through me.



PSALM 46

GOD IS OUR SHELTER, OUR STRENGTH,
EVER READY TO HELP IN TIMES OF TROUBLE.

When we consider the tragic suffering of some people in the world our problems often seem trivial. However, there are times when we do suffer in our lives and as Christians we can get great comfort and strength from our faith. In just a few weeks time we will be looking at our best example of someone who accepted suffering even though it was hard- Jesus- by following his Way of the Cross.



Never forget that you are not alone. God is with you, helping and guiding. He is the companion who never fails, the friend whose love comforts and strengthens. Have faith and He will do everything for you.

What situation in your life right now is causing you to suffer in some way? Take a moment in silence to ask God to be with you and to help you.

On Tuesday we celebrate the Feast of St Patrick! St Patrick has a beautiful prayer which reminds us that God is always with us through any suffering we might endure.



**Christ be with me, Christ within me,
Christ before me, Christ beside me.
Christ to win me.**

**Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friends and stranger.**

PRAYER FOR THE WEEK

Lord Jesus, when I am sad:
Help me to think of you praying in the garden.

Lord Jesus, when I am fearful:
Help me to think of you being taken prisoner.

Lord Jesus, when I am ill:
Help me to think of you being scourged at the pillar.

Lord Jesus, when I have a headache:
Help me to think of you wearing the crown of thorns.

Lord Jesus, when I am tired:
Help me to think of you carrying the cross for love of me.

Lord Jesus, when I am in pain:
Help me to think of you being nailed to the cross.

Lord Jesus, when I am lonely:
Help me to think of you hanging on the cross.

Lord Jesus, help me to remember
how much you suffered for love of me
and help me to love you more and more.

Amen.



One night I had a dream. I dreamt I was walking along the beach with Jesus. Across the sky flashed scenes from my life. For each scene I noticed two sets of footprints in the sand, one belonging to me- the other to Jesus. When the last scene of my life flashed before me, I looked back at the footprints in the sand. I noticed that many times along the path, there was only one set of footprints. I also noticed that it happened at the very lowest and saddest times in my life.

This really bothered me and I questioned the Lord about it. 'Lord, you said that once I decided to follow you, you'd walk with me all the way. But, I noticed that during the most troublesome times in my life there is only one set of footprints. I don't understand why in times when I need you the most, you would leave me.'

Jesus replied, 'My precious child, I love you and I would never, never leave you during your times of trials and suffering.

When you see only one set of footprints,
it was then that I carried you!