

SUNDAY SCHOOL:

PRAYING THROUGH PAIN & LONELINESS

“I am the vine, and you are the branches. Whoever remains in me and I in him will bear much fruit” (John 15:5)

“Then Jesus said to his disciples, “Whoever wishes to come after me must deny himself, take up his cross, and follow me.”” (Matthew 16:24-25)

“How great a grace it ought to be for us to be a little crucified with Our Lord, and to be able to testify our love towards Him in the midst of our tribulations, as He testified His love towards us during His Passion!” –St. Francis de Sales

Helpful Hints:

1. Make an Act of Faith
2. Find refuge in the Sacraments- especially Mass & Confession
3. Carve out silent time & include Scripture
4. Have deep faith conversations
5. Read a good spiritual book
6. Don't “waste” the suffering.

“...To the extent that we go through life running away from our own loneliness, we put a cellophane covering over our own depth and riches and live instead at the surface of our minds, hearts, and personalities.” –Ronald Rolheiser

“It is natural for us to wish that God had designed for us a less glorious and less arduous destiny; but then we are wishing not for more love, but for less.” –CS Lewis

“The weight of the cross is in proportion to the greatness of our destiny.” –Blessed Mother Clelia Merloni

The Litany of Trust (by the Sisters of Life)

RESPOND: Deliver me, Jesus.

From the belief that I have to earn Your love...

From the fear that I am unlovable...

From the false security that I have what it takes...

From the fear that trusting You will leave me more destitute...

From all suspicion of Your words and promises...

From the rebellion against childlike dependency on You...
From refusals and reluctances in accepting Your will...
From anxiety about the future...
From resentment or excessive preoccupation with the past...
From restless self-seeking in the present moment...
From disbelief in Your love and presence...
From the fear of being asked to give more than I have...
From the belief that my life has no meaning or worth...
From the fear of what love demands...
From discouragement...

RESPOND: Jesus, I trust in You.

That You are continually holding me, sustaining me, loving me...
That Your love goes deeper than my sins and failings and transforms me...
That not knowing what tomorrow brings is an invitation to lean on You...
That You are with me in my suffering...
That my suffering, united to Your own, will bear fruit in this life and the next...
That You will not leave me orphan, that You are present in Your Church...
That Your plan is better than anything else...
That You always hear me and in Your goodness always respond to me...
That You give me the grace to accept forgiveness and to forgive others...
That You give me all the strength I need for what is asked...
That my life is a gift...
That You will teach me to trust You...
That You are my Lord and my God...
That I am Your beloved one...

AMEN!

Good Books:

The Problem of Pain (CS Lewis)

The Restless Heart: Finding Our Spiritual Home in Times of Loneliness- (Ronald Rolheiser)

Consoling Thoughts on Trials of the Interior Life (St. Francis de Sales)

Searching for and Maintaining Peace (Jacques Philippe)

He Leadeth Me (Walter Ciszek)

Making Sense Out of Suffering (Peter Kreeft)