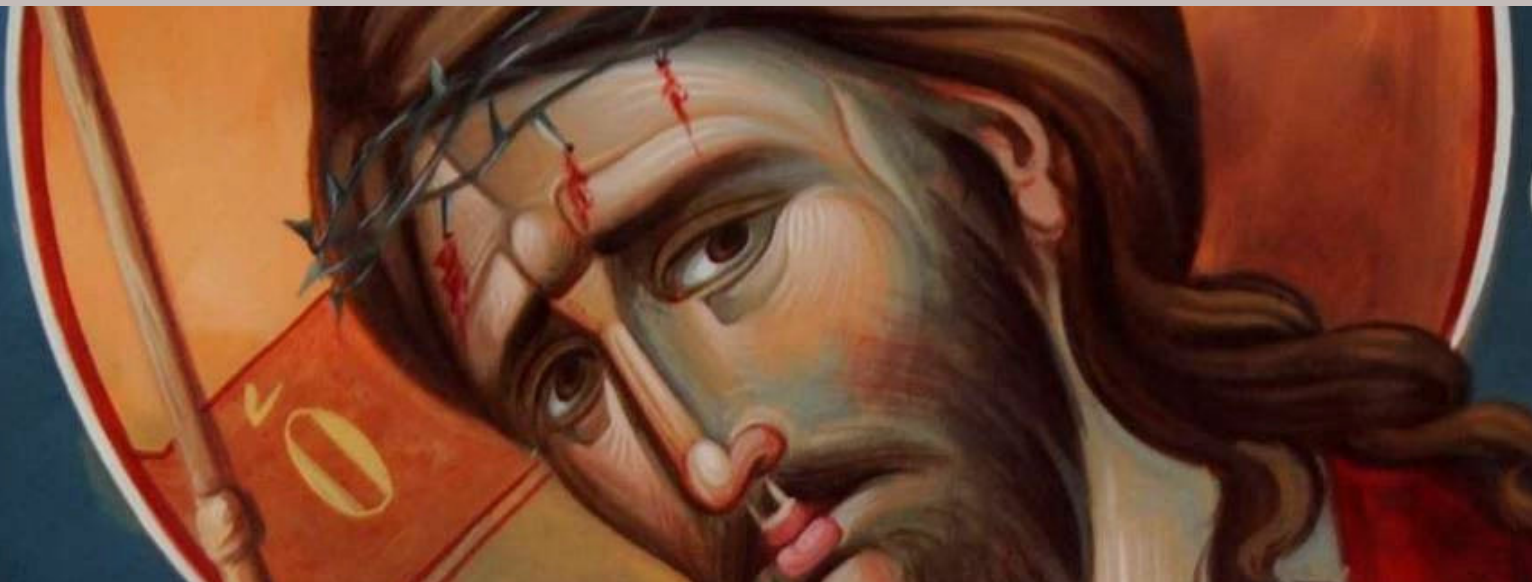


Matters of the Heart

Orthodox reflections on faith and life



14 Your Suffering is My Strength

My child, the Lord lovingly explains, it is in my power to rid you of all your suffering. But it is also mine to keep you in tribulation if I see it will bring you into my embrace. My intention is never to impart pain on you, rather, in My wisdom, I may allow you to be weakened by the suffering of this world in order that you may find strength in Me. I may permit sorrows to come upon you for through it you will attain the blessings of carrying your cross alongside mine. For in suffering you will find the glory of my salvation, in pain you will experience my unsurmountable comfort, and in affliction you will attain the Kingdom. And trust dear child that I have always shared in your suffering.

"If the Lord had not participated with humanity in her suffering, then how can man be saved?" - St Athanasius the Great

✦ 'For our light affliction,
✦ which is but for a moment,
✦ is working for us a far
✦ more exceeding and
✦ eternal weight of glory'
✦ 2 Corinthians 4:17

✦ Also read:
✦ Isaiah 43:2

✦ *O Lord, may all our
✦ pains be ended through
✦ Your life giving and
✦ healing sufferings.*