



SUFFERING & JOY

What if illness – the stripping away of our health, our dreams, our understanding of who we are and what our future holds – is really a gift – God offering Himself to us unencumbered by all the noise, all the things that clutter our hearts and so easily fill our days? Because what if that quiet, stripped-away space is where hope is found? Where God reaches in, whispering love to our weary souls until it becomes as familiar as the beating of our own hearts?

CINDEE SNIDER RE

Suffering dances mysteriously with joy.

LAURIE DAVIES

Joy, like all fruit of the Spirit, grows in the fertile soil of suffering.

RACHEL BOULOUS

If we only knew the precious treasure hidden in infirmities, we would receive them with the same joy with which we receive the greatest benefits, and we would bear them without ever complaining or showing signs of weariness.

ST. VINCENT DE PAUL

The cup of sorrow, as inconceivable as it seems, is also the cup of joy.

HENRI NOUWEN

In the hands of a loving God, sorrow and suffering become the doorways into the greatest and most indestructible joys.

DAVID POWLISON

We do not choose suffering simply because we are told to, but because the One who tells us to describes it as the path to everlasting joy.

JOHN PIPER

Visit chronic-joy.org for more resources.



Scripture indicates that life in the age of the Spirit will have the hardest suffering and the greatest joy – and both can be experienced at the same time ... This means that even when we are in pain, we can go in search of joy with the expectation that it will, indeed, find and surprise us.

ED WELCH

We cannot savor joy until we've first drunk deep the cup of suffering.

CINDEE SNIDER RE

Everywhere a greater joy is preceded by a greater suffering.

AUGUSTINE OF HIPPO

When suffering is accepted with love it is no longer suffering, but it is changed into joy.

THERESE OF LISIEUX

There are rare and wonderful species of joy that flourish only in the rainy atmosphere of suffering.

JOHN PIPER

... joy is an all-season response to life. Even in the dark times, sorrow enlarges the capacity of the heart for joy.

RICHARD MAYHUE

Discovering more joy does not save us from the inevitability of hardship and heartbreak. In fact, we may cry more easily, but we will laugh more easily too. Perhaps we are just more alive. Yet as we discover more joy, we can face suffering in a way that ennobles rather than embitters. We have hardship without becoming hard. We have heartbreaks without being broken.

ARCHBISHOP DESMOND TUTU

But don't be surprised by pain. Be surprised by joy, be surprised by the little flower that shows its beauty in the midst of a barren desert, and be surprised by the immense healing power that keeps bursting forth like springs of fresh water from the depth of our pain.

HENRI NOUWEN

Now joy is compared to desire, as rest to movement ... and rest is full when there is no more movement. Hence joy is full, when there remains nothing to be desired.

THOMAS AQUINAS

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