



18 THOUGHT-PROVOKING SUFFERING & JOY QUOTES

Invite a friend or family member to do an *18-Day Suffering & Joy* discussion – or use the quotes as journaling prompts. On each day, read one quote. Talk about it. Think about it. Write about it. Pray about it.

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? 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 Davis)

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)

If we don't look away as we experience pain but look into it, accept it, and embrace it with gratitude — not the actual pain, *but the One who endures it with us*, we experience the profound peace of Jesus — joy in the midst of our suffering. (Pamela Piquette)

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)



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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. (Thérèse 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 Mayhew)

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)

My dear friends, do not be surprised at the painful test you are suffering, as though something unusual were happening to you. Rather be glad that you are sharing Christ's sufferings, so that you may be full of joy when his glory is revealed. (1 Peter 4:12-13 GNT)



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