

“Bearing Your Cross with Courage”

By Father John Catoir, JCD – 3/10/19

Faith can move mountains. Such a feat is only possible with the help of faith. The same is true about living joyfully because of the knowledge of God’s love. It’s a lot easier than most people think. All you need to do is put on the will to bear discomfort.

Through God’s grace you can do all things. Faith gives us all a huge advantage over those who never ask God for help. They live as though they have no faith at all.

Here are a few ideas that will help you to keep from being discouraged, especially in times of suffering. Even Jesus had to pray for help in accepting His cross. “If it be possible Father, take this cross from me, but not my will but thine be done.” God’s grace brings a quiet uncomplaining spirit during times of pain. Jesus may not take your suffering away all at once; but He will fill your pain with His presence. Unite your suffering to His, and you automatically live a life of Faith.

Suffering is the coin that purchased our redemption. It’s always working for you, never against you. You may not be able to understand this concept fully, but God is always there with you, giving your suffering greater meaning as It becomes part of the redemptive process. When your pain and suffering become unbearable you have two choices: suicide or holiness. Suicide is no solution, you’ll set a terrible example for everyone; and you’ll regret it for all eternity.

Therefore, decide to be a saint.

God invites you to bear pain for a redemptive purpose. Accept His permissive will in this matter, and it will not only lift your spirit, but will enable you to inspire others by your courage. For every pain that we must bear there’s a reason, and God know the reason. So, take your courage from the Lord, and learn to suffer in silence. By that I mean be kind to your caregivers. Suffering in silence is an act of charity toward your caregivers. Patients should always strive to be patient. Don’t be a constant complainer.

Many saints prayed for the gift of martyrdom, knowing that it might entail great suffering. I’d advise you to keep it simple. Understand that true prayer is found in the will to give yourself to God. Let’s all pray for the grace to live joyfully, not worrying about the past or the future. Here’s a favorite payer of mine: “Dear Holy Spirit, Soul of my soul, protect me as I strive to live in the present moment. Let me know your will and give me the strength to follow it.”

This too is a favorite prayer taken from the final prayer at the Mass on Sunday, March 10, 2019: “May bountiful blessings, O Lord we pray, come down on your people, that hope may grow in tribulation, and that virtue be strengthened in temptation, and that eternal redemption be assured forever, through Christ Our Lord, Amen.

