



## THE BIG IDEA

**Suffering is unavoidable. Our response to suffering is what matters.**

## WHY DO WE NEED TO KNOW IT?

**We either transmit our suffering to others, or are transformed by God in our suffering.**

## WHAT ARE WE GOING TO DO ABOUT IT?

**Stop trying to avoid our suffering. Hold it. Acknowledge it. Allow God to transform us through it.**

## START HERE

We want our entire church to be a part of the conversation. If you missed any of the messages from Sunday, you can catch up [here](#).

## CONVERSATION GUIDE

This week, instead of just having a conversation, we want you to practice becoming more aware of the suffering in your life and in the life of others. Do so, we want you to engage in the exercise below.

First, on a sheet of paper, write down the biggest source of pain in your life. This can be one big thing, or a list of things. Write down what has caused you to suffer individually.

Share (if you are comfortable) your suffering with the group.

Pray for one another's suffering.

Second, spend some time reflecting on one another's experiences with suffering. What are some common threads? How does an awareness of someone else's suffering draw you closer?

Pray for the people in the church to be more aware of the suffering of one another.

Now spend some time talking about suffering around the world. What are some things that have happened in the news recently that highlight the reality of suffering on a

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## ADDITIONAL RESOURCES

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- Book- *"Job and the Mystery of Suffering"* **by Richard Rohr**
- More resources posted on the Forefront blog- [READ](#)
- MidrashNYC.com

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## UPCOMING EVENTS

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### March 20th

- Baby Dedications

### March 21, 23, 25

- Forefront Holy Week: Scatter at the office.

universal level?

Pray for the suffering of those who are elsewhere.

Now pray the prayer below together in closing.

Behold me, my beloved Jesus,

weighed down under the burden of my trials and sufferings,

I cast myself at Your feet,

that You may renew my strength and my courage,

while I rest here in Your Presence.

Permit me to lay down my cross in Your Sacred Heart,

for only Your infinite goodness can sustain me;

only Your love can help me bear my cross;

only Your powerful hand can lighten its weight.

O Divine King, Jesus,

whose heart is so compassionate to the afflicted,

I wish to live in You;

suffer and die in You.

During my life be to me my model and my support;

At the hour of my death,

be my hope and my refuge.

Amen.