



### PRAY

#### My Lord and my God!

I come to you in all confidence. My heart is sad: Why do so many men have to suffer? Help me understand things that transcend my horizons. Help me to comfort helpless men and to soothe the men who have lost their hope. Amen.



### CONTEMPLATE

One person reads the Bible passage aloud.  
Short silence.

**Exchange:** *What particularly appealed to you?*



### STUDY

1. Read YOUCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).



### DISCUSS

**Also discuss your own questions on this topic!**

**Treasure Book:** *Take five minutes to write down what you don't want to forget.*



### CHALLENGE

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at [feedback@youcat.org](mailto:feedback@youcat.org).

**#YOUCATChallenge:** *Share your experience on Facebook or Instagram.*

### Rom 8:18-20

I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us. For creation awaits with eager expectation the revelation of the children of God; for creation was made subject to futility, not of its own accord but because of the one who subjected it, in hope.

66

*Was it part of God's plan for men to suffer and die?*

**God does not want men to suffer and die. God's original idea for man was paradise: life forever and peace between God and man and their environment, between man and woman. [374–379, 384, 400]**

Often we sense how life ought to be, how we ought to be, but in fact we do not live in peace with ourselves, act out of fear and uncontrolled emotions, and have lost the original harmony that man had with the world and ultimately with God. In Sacred Scripture the experience of this alienation is expressed in the story of the Fall. Because sin crept in, Adam and Eve had to leave paradise, in which they were in harmony with each other and with God. The toil of work, suffering, mortality, and the temptation to sin are signs of this loss of paradise.

1. Why is God good even if there is suffering in the world?
2. There is this sentence in the bible: "The absolute love dispels the fear" (1 Joh 4,18). Why do we not have to fear suffering and death?
3. Have you ever experienced that a certain suffering made sense for you or others?
4. Are there any parts of your life in which you are failing, in which you have to carry a heavy burden, are alone or feel you cannot go on? What is your approach as a Christian?

Figure out who is the saddest person near you. Think about what exactly you could do for this person. A sign of solace? A smile? A helping hand? An invitation? A prayer? Exchange your experiences.

Do you accept this challenge?

# 6

## Why the suffering?



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