

## **SUFFERING-some insights!**

The wise American rabbi Harold Kushner (born 1935) once said; *“that the passing of a kidney stone and giving birth would be 2 of the most painful physical experiences that anyone could have.”* The difference between the two is that the passing of a kidney stone is the remedying of a natural bodily function. Giving birth is a pain that is part of the natural process of allowing another life to enter the world. It readily explains as to why no one logically would ever choose to have another kidney stone, but most women would readily again go through the pain of having another baby.

The point that I would like to make is that suffering for its own sake really has no value but to embrace suffering for a good end is very worthwhile. Whenever a person seeks some form of growth in life, they often realize that suffering is an inevitable part of growing. For example, to watch an alcoholic or a drug addict *dry out* is to see what emotional and physical suffering is all about.

Why some people seem to suffer more than others is a life mystery that even the wisest people often struggle to answer!

Jesus of Nazareth speaks about the place of suffering in these words; *“Enter by the narrow gate, the way is hard that leads to life, yet the other gate is wide and open that leads to destruction.”* (Matthew Chapter 7 verse 13-14) *Fr Martin R Maunsell*