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## To suffer, is to learn joy

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The deeper sorrow carves our hearts, the more space love can fill. Often we see

pain and trials at face value alone, without spirituality we fail to see their worth. Within every heartbreaking moment, every tear that falls, every time of uncertainty we've faced where we couldn't see the beginning or end, there hid a blessing which helped shape our lives.

How can we learn to love selflessly if we've never been at the receiving end of hate? How can we relate or even begin to truly sympathize with those who suffer if we've not once been in their place? This is the beauty of the Passion of Christ. In every way, He suffered, thus in every way He can divinely sympathize with our own weaknesses. He is a tower and fortress to the oppressed, not only because He is our Comforter, but because He has withstood our pain. Knowing this... knowing that we as Christians should strive to emulate Christ, why do we frown in the face of trials? We should embrace them. We should rejoice in the sufferings of the Cross, knowing that sharing in those sufferings, we will also share in it's glory, and we will understand the mysteries therein.

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