

HUMAN SUFFERING

John Paul Speaks

*Notable quotations from Pope John Paul II and
official teachings of the Roman Catholic Church*



“UPS AND DOWNS”

Suffering belongs to the ups and downs of men and women throughout history, who must learn to accept and go beyond it ... And yet how can they, if not thanks to the Cross of Christ?

“DEEPEST MEANING”

In the death and Resurrection of the Redeemer human suffering finds its deepest meaning and its saving value.

“HUMANITY’S AFFLICTION AND PAIN”

All the weight of humanity’s affliction and pain is summarized in the mystery of a God Who, taking on our human nature, was humiliated “for our sake ...to be sin” (2 Cor 5:21)

JESUS IS THE ANSWER

From the paradox of the Cross springs the answer to our most worrying questions., *Christ suffers for us*. He takes upon Himself the sufferings of everyone and redeems them.

“CHRIST SUFFERS WITH US”

Christ suffers with us, enabling us to share our pain with Him. United to the suffering of Christ, human suffering becomes a means of salvation...

“REDEMPTIVE SUFFERING”

Pain, accepted with faith, becomes the doorway to the mystery of the Lord’s redemptive suffering; a suffering that no longer takes away peace and happiness since it is illuminated by the splendor of the Resurrection.

MARY AND SUFFERING

At the foot of the Cross Mary, made Mother of humanity, suffers in silence, participating in her Son’s suffering, ready to intercede so that every person may obtain salvation.

“THE ONLY AUTHENTIC ANSWER”

I entrust all of you to the most Holy Virgin... May she help every Christian to witness that the only authentic answer to pain, suffering and death is Christ our Lord, Who died and rose for us.

(Source: Message for World Day of the Sick, February 11, 2004, issued December 1, 2003)

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