

JOURNAL REFLECTION: *POWER IN WEAKNESS*

Slowly read and pray through this excerpt from *Evangelium Vitae* by Saint John Paul II.

"In moments of sickness too, man is called to have the same trust in the Lord and to renew his fundamental faith in the One who "heals all your diseases" (cf. Ps 103:3). When every hope of good health seems to fade before a person's eyes-so as to make him cry out: "My days are like an evening shadow; I wither away like grass" (Ps 102:11)- even then the believer is sustained by an unshakable faith in God's life-giving power. Illness does not drive such a person to despair and to seek death, but makes him cry out in hope: "I kept my faith, even when I said, 'I am greatly afflicted' " (Ps 116:10); "O Lord my God, I cried to you for help, and you have healed me. O Lord, you have brought up my soul from Sheol, restored me to life from among those gone down to the pit" (Ps 30:2-3)."

Evangelium Vitae 65

Pray through the following questions:

How can I better trust the Lord?

What is the worst suffering I have been through? How did I cope? How can I better cope in the future?

What do I have to offer the people I am about to encounter? How can I uphold their dignity? How can I have compassion on them in their suffering?

Who in my life is suffering? A friend? A family member? How can I show them compassion?