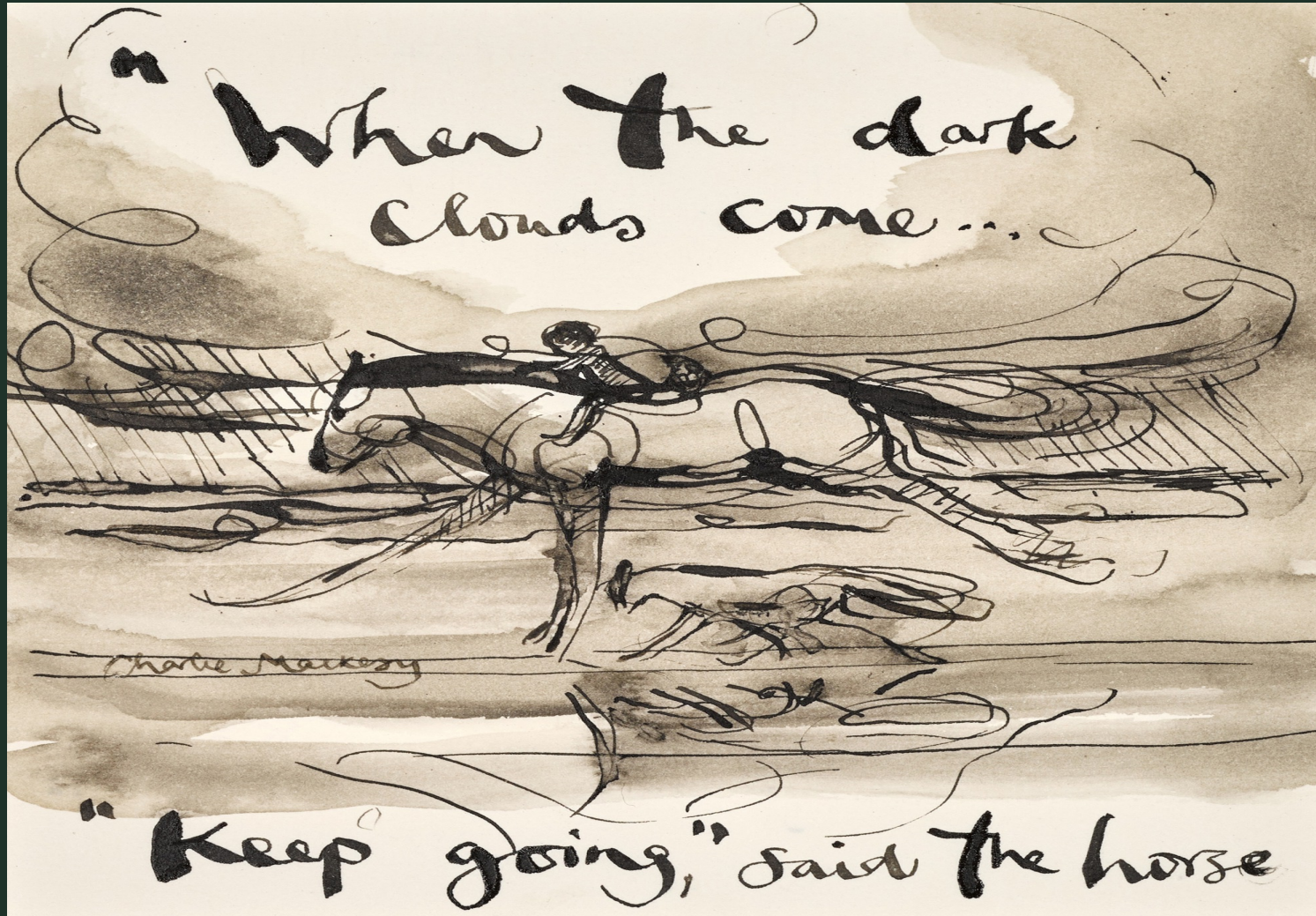


For The Journey: Suffering



‘We all share one thing in common. In our lives there will be winds that blow. Headwinds of difficulty brought on by our own decisions and gale-force winds of adversity due to circumstances that we never saw coming.’

‘Never Too Far’ - Louie Giglio



‘Then Job replied:
“Even today my complaint is bitter;
his hand is heavy in spite of my groaning.
If only I knew where to find him;
if only I could go to his dwelling!
I would state my case before him
and fill my mouth with arguments.”

Job 23 v 1-4



“But if I go to the east, he is not there;
if I go to the west, I do not find him.
When he is at work in the north, I do not see him;
when he turns to the south, I catch no glimpse of him.
But he knows the way that I take;
when he has tested me, I will come forth as gold.
My feet have closely followed his steps;
I have kept to his way without turning aside.
I have not departed from the commands of his lips;
I have treasured the words of his mouth more than my daily bread.”

Job 23 v 8-12





Saint Benedict - The Listening Saint



“But if I go to the east, he is not there;
if I go to the west, I do not find him.
When he is at work in the north, I do not see him;
when he turns to the south, I catch no glimpse of him.”

Job 23 v 8-9



“My feet have closely followed his steps;
I have kept to his way without turning aside.
I have not departed from the commands of his lips;
I have treasured the words of his mouth more than my
daily bread.”

Job 23 v 11-12



‘Blessed are those whose strength is in you,
who have set their heart on pilgrimage.
As they pass through the Valley of Baca,
they make it a place of springs.’

Psalm 84 v 5-6



"What do we do when our hearts hurt?" asked the boy



"We wrap them with friendship,
Shared tears and time, till they
wake hopeful and happy again."

The Journey

‘The key to recovery is to see there is a flicker of light, no matter how dark things may feel.’

Quote from Ebe’s Mental Health & Well-Being board