

HOW CAN I BE STRONG WHEN THINGS ARE HARD?

ANSWER IN YOUR OWN WORDS:

#102 WHY ARE WE TOO SUPPOSED TO ACCEPT SUFFERING IN OUR LIVES AND THUS "TAKE UP OUR CROSS" AND THEREBY FOLLOW JESUS? Christians should not seek suffering, but when they are confronted with unavoidable suffering, it can become meaningful for them if they unite their sufferings with the sufferings of Christ.

#476 HOW DID JESUS PRAY AS HE WAS FACING HIS DEATH? When face to face with death, Jesus experienced the utmost depths of human fear. Yet he found the strength even in that hour to trust his heavenly Father: "Abba, Father, all things are possible to you; remove this chalice from me; yet not what I will, but what you will [be done]" Times of need teach us to pray.

#510 IS IT POSSIBLE TO PRAY ALWAYS? Prayer is always possible. Prayer is vitally necessary. Prayer and life cannot be separated. Our life must become prayer, and our prayers must become life. Every Christian life story is also a story of prayer.

GOSPEL



ANSWERS

JESUS BEGAN TO FEEL SORROW AND DISTRESS. THEN HE SAID TO THEM, "MY SOUL IS SORROWFUL EVEN TO DEATH. REMAIN HERE AND KEEP WATCH WITH ME." HE ADVANCED A LITTLE AND FELL PROSTRATE IN PRAYER, SAYING, "MY FATHER, IF IT IS POSSIBLE, LET THIS CUP PASS FROM ME; YET, NOT AS I WILL, BUT AS YOU WILL."

MATTHEW 26:36-46

SAINTS & INSPIRATIONAL STORIES



BLESSED ANTON DURCOVICI

Fr Anton shows us extreme strength and fortitude in a hard moment. He was strong with the grace of God and because he loved his parishioners and knew God would give him the strength to persevere..



KENDALL

Kendall shows us that even when you are suffering, you can reach out to help others. Sometimes when we suffer or go through a hard time we are able to understand other people better.

TEAM DISCUSSION

TALK ABOUT IT!

DO YOU THINK THAT PEOPLE IN THE PAST WERE STRONGER THAN WE ARE TODAY? WHAT CAN WE LEARN FROM THEM? HOW DOES HAVING GOD IN YOUR LIFE GIVE YOU STRENGTH? WHAT DO THESE SAINTS AND PEOPLE INSPIRE US TO DO?