

## SUNDAY 5 – NEWMAN ON LENT

### Sharing in the Passion of Christ

#### “To Suffer with Him”

#### Course Handout

#### Opening Prayer

In the name of the Father, and of the Son, and of the Holy Ghost. Amen.

Heavenly Father,

You did not redeem the world through comfort, but through the Passion of Your Son. Open our hearts to understand the mystery of suffering united to Christ. Teach us not to flee from the crosses You permit, but to embrace them with faith, knowing that through them You purify, strengthen, and sanctify our souls.

Through the intercession of Our Lady of Sorrows, who shared most intimately in the Passion of her Son, grant us the grace to suffer well, to suffer with love, and to suffer for the salvation of souls.

Through Christ our Lord. Amen.

#### Introduction

There is perhaps no teaching more difficult for modern man than this:

- Suffering is not meaningless.
- Suffering is not useless.
- Suffering is not an obstacle to holiness.

Rather:

**Suffering is one of the primary means by which God sanctifies the soul.**

Our Lord did not merely suffer *for* us—He calls us to suffer *with* Him.

“I fill up those things that are wanting of the sufferings of Christ, in my flesh, for His body, which is the Church.”

— Colossians 1:24

God wills that we participate in the application of redemption.

St. John Henry Newman teaches that suffering, when united to Christ, becomes:

- Purifying
- Meritorious

- Redemptive for others

**The question is not: Will I suffer?**

**The question is: Will my suffering be wasted or sanctified?**

## **Part I – Why God Permits Suffering**

### **1. Suffering Purifies the Soul**

“You have been grieved by various trials...so that the tested genuineness of your faith...may result in praise and glory.”

— 1 Peter 1:6–7

Suffering removes attachments to:

- Comfort
- Control
- Earthly goods
- Self-will

**“He sends suffering to chasten us, to detach us, to humble us, and thus to fit us for His presence.” — Newman**

“Trials do not make a man weak; they reveal what he is.” — St. Augustine

### **2. Suffering Conforms Us to Christ**

“We suffer with Him in order that we may also be glorified with Him.”

— Romans 8:17

We are called to become like Christ—especially the Crucified Christ.

**“He calls us to take up our cross, and in bearing it we are fashioned into His likeness.” — Newman**

### **3. Suffering Detaches Us from the World**

“The Lord disciplines the one He loves...that we may share His holiness.”

— Hebrews 12:6–7

Suffering reminds us:

- This life is temporary
- Heaven is our true home

## **Part II – The Redemptive Value of Suffering**

### **1. Christ Gives Meaning to Suffering**

Without Christ, suffering seems meaningless.

Through the Cross, it becomes:

- An offering
- A participation
- A means of grace

“This slight momentary affliction is preparing for us an eternal weight of glory.”

— 2 Corinthians 4:17

### **2. Offering Suffering for Others**

We are members of the Mystical Body of Christ.

**Our suffering can benefit others.**

Offer it for:

- A sinner
- A loved one
- A soul in purgatory
- The Church

**“He permits us to suffer, that we may intercede for souls.” — Newman**

### **3. Love Proven Through Sacrifice**

**“The truest tokens of love are found in what we bear, not in what we say.” — Newman**

True love says: *I am willing to suffer for the one I love.*

## **Part III – Uniting Daily Trials to Christ**

Most crosses are small:

- Inconveniences
- Fatigue
- Interruptions
- Disappointments

Yet united to Christ, they become powerful.

## **How to Unite Suffering to Christ**

### **1. Intention**

“Jesus, I offer this to You.”

### **2. Acceptance**

Receive the cross with love, not resistance.

### **3. Union with the Passion**

Recall Christ’s suffering and unite yours to His.

## **The Danger: Wasting Suffering**

Suffering can:

- Sanctify us
- Or embitter us

We waste suffering through:

- Resentment
- Anger
- Self-pity

We sanctify it through:

- Patience
- Faith
- Offering

## **Part IV – Endurance and Transformation**

Endurance forms:

- Humility
- Patience
- Trust in God

**“Suffering is our purification...yet we know not how it is done.” — Newman**

“As gold in the furnace He proved them.”

— Wisdom 3:6

Nothing offered in union with Christ is ever wasted.

## **Reflection**

Take a moment in silence:

1. What suffering am I being asked to unite to Christ?
2. Do I waste suffering through resentment—or offer it with love?

## **Weekly Resolution**

### **1. Offer One Ongoing Trial for Another Soul**

Choose someone and intentionally offer your suffering for them.

### **2. Daily Prayer Before a Crucifix**

“Jesus, teach me to suffer with You and for You.”

## **Conclusion**

The Cross is not only something Christ endured It is something He invites us into.

To suffer with Christ is:

- To love as He loves
- To be purified
- To participate in redemption

**Suffering, united to Christ, becomes holy, powerful, and salvific.**

## **Closing Prayer**

In the name of the Father, and of the Son, and of the Holy Ghost. Amen.

Lord Jesus Christ,

You suffered out of love for us. Teach us to suffer with You. Help us to accept the crosses You permit, to offer them with love, and to unite them to Your Passion for the salvation of souls.

Grant us patience in trials, strength in weakness, and trust in Your divine providence.

Through the intercession of Our Lady of Sorrows, may we remain faithful at the foot of the Cross. Amen.