Quotes on Suffering

***Check the ones that seem true for you and X the ones with which you disagree***

**1**. Wisdom comes alone through suffering. *Aeschylus*

**2**. Most people get a fair amount of fun out of their lives, but on balance life is suffering, and only the very young or the very foolish imagine otherwise. *George Orwell*

**3.** Every age, every culture, every custom and tradition has its own character, its own weakness and its own strength, its beauties and cruelties; it accepts certain sufferings as matters of course, puts up patiently with certain evils. Human life is reduced to real suffering, to hell, only when two ages, two cultures and religions overlap. *Hermann Hesse*

**4.** What really raises one's indignation against suffering is not suffering intrinsically, but the senselessness of suffering. *Friedrich Nietzsche*

**5.** One must really have suffered oneself to help others. *Mother Teresa*

**6**. Everything in life that we really accept undergoes a change. So suffering must become Love. That is the mystery.  *Katherine Mansfield*

**7.** Naked I came from my mother's womb, and naked I shall return there. The Lord gave and the Lord has taken away blessed be the name of the Lord. *Job 1:21*

**8**. It is by a wise economy of nature that those who suffer without change, and whom no one can help, become uninteresting. Yet so it may happen that those who need sympathy the most often attract it the least. *F. H. Bradley*

**9.** Harry, suffering like this proves you are still a man! This pain is part of being human … the fact that you can feel pain like this is your greatest strength. *J. K. Rowling*

**10**. It is not true that suffering ennobles the character; happiness does that sometimes, but suffering, for the most part, makes people petty and vindictive. W. Somerset Maugham

**11**. It is good for me that I was afflicted that I may learn Thy statutes. *Psalms 119:71*

**12**. A man will renounce any pleasures you like but he will not give up his suffering.

*G. I. Gurdjieff*

**13**. Speaking about God’s suffering can also help by strengthening human responsibility in the face of suffering.  The impassible God models a dispassionate, apathic attitude that influences community ideals.  Conversely the suffering God reorders the human ideal toward compassionate solidarity.   *Elizabeth Johnson*

**14.** The main affliction of our modern civilization is that we don’t know how to handle the suffering inside us and we try to cover it up with all kinds of consumption. *Thich Nhat Hanh*

**15.** If there is a meaning in life at all, then there must be a meaning in suffering. Suffering is an ineradicable part of life, even as fate and death. Without suffering and death human life cannot be complete. *Victor Frankl*

**16.** In some way, suffering ceases to be suffering at the moment it finds a meaning, such as the meaning of a sacrifice. *Victor Frankl*

17. Here the crucified Christ was seen less as the sacrifice which God creates to reconcile the world to himself, and more as the exemplary path trodden by a righteous man suffering unjustly, leading to salvation. *Jurgen Moltmann*