The sun must set-

Why is that some people who, though unlettered, even in religious fields, have become saints by reading only one book, that of the crucified Christ?

It is because they did not stop at contemplating him, or at venerating him, or at kissing his wounds, but they wanted to relive him in themselves. And those who suffer, and are in darkness, see farther than those who do not suffer, precisely because the sun must set before we can see the stars. Suffering teaches what you cannot learn by any other means.

It teaches suffering with the greatest authority. It is the teacher of wisdom, and blessed is the one who has found wisdom (see Prv 3:13).

"Blessed are those who mourn, for they will be comforted" (Mt 5:4) not only with the reward of heaven, but also with the contemplation of heavenly things while here on earth.

We have to approach with reverence those who suffer, reverence like that once accorded the elderly when their wisdom was sought.

- from Chiara's Essential Writings page92.