18 THOUGHT-PROVOKING SUFFERING & JOY QUOTES

Use these quotes as an invitation to embark on an 18-day suffering and joy journey. Think about, pray about, and journal through these thought-provoking quotations.

1. *You did it: you changed wild lament into whirling dance; You ripped off my black mourning band and decked me with wildflowers. I'm about to burst with song; I can't keep quiet about you. GOD, my God, I can't thank you enough.* (Psalm 30:11-12 MSG)
2. What if illness – the stripping away of our health, our dreams, our understanding of who we are and what our future holds – is really a gift – God offering Himself to us unencumbered by all the noise, all the things that clutter our hearts and so easily fill our days? What if that quiet, stripped-away space is where hope is found? Where God reaches in, whispering love to our weary souls until it becomes as familiar as the beating of our own hearts? (Cindee Snider Re)
3. ... *suffering* is the *soil* in which the tree of patient endurance grows. Joy is the ripened fruit of the tree. (Charles Naylor)
4. If we only knew the precious treasure hidden in infirmities, we would receive them with the same joy with which we receive the greatest benefits, and we would bear them without ever complaining or showing signs of weariness. (St. Vincent De Paul)
5. If we don't look away as we experience pain but look into it, accept it, and embrace it with gratitude — not the actual pain, *but the One who endures it with us*, we experience the profound peace of Jesus — joy in the midst of our suffering. (Pamela Piquette)
6. Suffering that is nourished by the flame of faith becomes something beautiful... (Pier Giorgio Frassati)

7. In the hands of a loving God, sorrow and suffering become the doorways into the greatest and most indestructible joys. (David Powlison)
8. If we walk close to God, then we shall find that in the midst of our trials, even when they are bitter, that there is an *undercurrent of sweet joyfulness* way down in the depths of our souls. (Charles Naylor)
9. I find it a sweet and rich thing to exchange my sorrows with Christ's joys ... (Samuel Rutherford)
10. We cannot savor joy until we've first drunk deep the cup of suffering. (Cindee Snider Re)
11. Everywhere a greater joy is preceded by a greater suffering. (Augustine of Hippo)
12. When suffering is accepted with love it is no longer suffering, but it is changed into joy. (Thérèse of Lisieux)
13. Now joy is compared to desire, as rest to movement ... and rest is full when there is no more movement. Hence joy is full, when there remains nothing to be desired. (Thomas Aquinas)
14. Those who dive in the sea of affliction bring up rare pearls. (Charles Spurgeon)
15. Discovering more joy does not save us from the inevitability of hardship and heartbreak. In fact, we may cry more easily, but we will laugh more easily too. Perhaps we are just more alive. Yet as we discover more joy, we can face suffering in a way that ennobles rather than embitters. We have hardship without becoming hard. We have heartbreaks without being broken. (Archbishop Desmond Tutu)
16. Pain and suffering have come into your life, but remember pain, sorrow, suffering are but the kiss of Jesus—a sign that you have come so close to Him that He can kiss you. (Mother Teresa)
17. *My dear friends, do not be surprised at the painful test you are suffering, as though something unusual were happening to you. Rather be glad that you are sharing Christ's sufferings, so that you may be full of joy when his glory is revealed.* (1 Peter 4:12-13 GNT)
18. Suffering and joy are two strands of a single fiber. Joy thrives in the midst of suffering. (Chronic Joy)