

Why Suffer?

One of the big questions of our existence is the question of suffering? Why are there starving children? Why do bad things happen to good people? Yet some of the greatest achievements, greatest works of art, have come out of great suffering. Take some time to contemplate your own suffering.

Draw/Write about the worst thing that has ever happened to you:

Draw/Write what has been hard for you this month:

Draw/Write: What types of suffering in the world concern you the most?

Why we suffer? Contemplation questions:

1. Do you think there is anything useful that comes out of suffering?
2. Did anything good come out of the “worst thing” that ever happened to you?
3. Do you know any examples of something bad that happened to someone that turned out to be good? Or opposite: a good thing that turned bad?
4. Why do you think good things happen to bad people? How can we explain the suffering of young, innocent children? What would you tell your own children?