



When we walk through moments of pain and difficulty, it is easy to blame God or to feel desolated by him so, in this post I want to talk about those moments when the pain makes us feel confused.

When I was about seven years old, I was playing in my house, until I ran and fell from the stairs and roll to the ground. I remember that I kept crying and my whole body ached and then my mom took me to the doctor. I had several tests to rule out a fracture and finally gave me painkillers to help me soothe the pain.

It came to my mind feelings of shame, loneliness and distress, but all the pain went away when my mom came over and gave me a big hug. Just at that moment I understood that there are physical pains that can be cured with medicine and there are other much deeper pains that don't heal with a pill, but with a spiritual gesture and those are often the hardest ones to disappear.

It is true that the cause of pain in the world and in our own life can sometimes seem a mystery, something difficult to explain. But that's not why we'll stop trying to understand it. One of the biggest stumbling blocks that we can commit, but the major, to relieve the human pain is to not know it: what do I feel, why does it hurt me, how do I react to the pain?, do I ask for help from others?

The video I share with you inspired me to think of the Christian pain, the one that we all have to face sometime in life. God is also moved by our pain.

In each of us, there is a divine spiritual footprint, since we were made in the image and likeness of God, and even if it's hard for us to accept, as its children, He is also touched by our suffering, He doesn't abandon us.

My mother's gesture healed something that no doctor in the world could heal, cured my inner pain with a gesture of love that could only come from the very love of God.

We know very well that we find ourselves in a world where the perception of pain, accompanied by the Cross of Christ, goes in the opposite direction. Some people

don't know the pain because they live in an environment too far away from the great human suffering, others don't know the pain of others because they are too immersed in theirs, which makes it impossible to see, perceive or share their pain. We must understand our pain and the pain of others.

We often hear our inner circles of friends or family, saying "Stop suffering", "don't suffer anymore, stop complaining. Life is meant to be enjoyed".

It seems like it's "forbidden" to experience some kind of pain in a society like ours. Has it ever happened to you? Let's not be afraid to try to understand the pain! Let's not be satisfied with hiding it or ignoring what others live.

Let's think about this question for a moment: Couldn't pain be an opportunity that God gives us to learn to love others? Many heart aches heal giving to others. We are social beings by nature and although sharing the pain with another person can relieve the burden, it won't completely disappear. But if that pain is shared with Christ, by His grace, we will heal.

The biggest mistake we can make is to stay locked in ourselves, to stagnate as the water that does not run, gets dirty and finally ends up losing its initial purity. I invite you to offer God all your suffering and be more willing when you see another in the midst of pain or anguish, acts as a balm that comforts the heart of that brother who needs you.