

# Does Suffering Have Meaning?



God never allows purposeless suffering: “Faith gives us the certainty that God would not permit an evil if he did not cause a good to come from that very evil, by ways that we shall fully know only in eternal life” (Catechism of the Catholic Church, n. 324).

## Assignment

For each quote:

- 1) Identify which level of suffering<sup>1</sup> the quote exemplifies
- 2) Re-word the quote, if necessary, so that it reflects a Level 3 or Level 4 view of suffering.

1. “If it feels good, do it.”  
- Unknown

Which Level? \_\_\_\_\_

Re-write to reflect Level 3 or 4:

---

---

2. “Without health, life is not life; it is only a state of languor and suffering - an image of death.”  
- François Rabelais

Which Level? \_\_\_\_\_

---

---

3. “The reward of suffering is experience.”  
- (Attributed to) Harry S. Truman

Which Level? \_\_\_\_\_

---

---

---

<sup>1</sup> “The Four Levels of Suffering,” Fr. Robert J. Spitzer, [www.healingtheculture.com](http://www.healingtheculture.com)

4. "The reason to consider life, and what's of value, is to make sure you're not missing out."  
- Brittany Maynard

Which Level? \_\_\_\_\_

Re-write to reflect Level 3 or 4:

---

---

5. "In Webster's terms, 'nirvana' means freedom from pain, suffering and the external world, and that's pretty close to my definition of Punk Rock."  
- Kurt Cobain

Which Level? \_\_\_\_\_

---

---

---

6. "Sorrow makes us thoughtful and deep, makes us kind and sympathetic; makes us realize the emptiness of the things of this world and the true beauty of Heaven."  
- Rev. James E. Sullivan

Which Level? \_\_\_\_\_

---

---