

## **Pleasure and pain are food for our soul**

Who has not experienced joy and sorrow? Both companions do accompany us on our journey through life.

As we experience feelings of joy as comfortable, soothing and uplifting; feelings of sorrow are more stress and painful.

Why has our Heavenly Father provided us with these sentiments? Is there a connection between the two poles?

A loving mother takes care of her children so much that she sometimes surrenders to the point of exhaustion. How big and strong is the love of our Heavenly Father, who loves all people and takes care for them? What a great love, that Jesus Christ by his suffering and death has loaded all the blame onto himself!

The way to follow Christ is the way of joy and sorrow.

"And as one member suffers, all the members suffer with it, and if one part is honored, all the members rejoice with it."

(1 Cor. 12.26)

All human beings are members of one body. All human beings are children of God. We are all one in His love.

What a great challenge to serve God in everything! What a great job, to accept this task and live through joy and sorrow in the name of Christ! Thus, through compassion and mercy, suffering can be alleviated and make way for joy to grow.

Accepting joy and sorrow as God's help, we will use the power of love to reduce our desires and attachments. So we will cleanse our minds with God's help.

A person who is willing to accept joy and sorrow for his spiritual growth, lives happily and in peace, for his efforts will be leading to the revelation of unity in God.

Joy and suffering are food for our soul. We will finally be lead by them to the union with Jesus Christ.

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