

Redemptive Suffering:

Joining your suffering to that of Christ's

Practical steps based on Colossians

From Homily given by Father Joseph Backowski

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Colossians 1:24-28

Brothers and sisters: Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in the afflictions of Christ on behalf of his body, which is the church, of which I am a minister in accordance with God's stewardship given to me to bring to completion for you the word of God, the mystery hidden from ages and from generations past. But now it has been manifested to his holy ones, to whom God chose to make known the riches of the glory of this mystery among the Gentiles; it is Christ in you, the hope for glory. It is he whom we proclaim, admonishing everyone and teaching everyone with all wisdom, that we may present everyone perfect in Christ.

1. Begin by reading part or all of one accounts of Jesus passion and death on the cross
 - a. Get to know Jesus in his passion and death
 - b. Matthew chapters: 26-27; Mark chap: 14-15; Luke chap: 22-23; John chap: 19-20
2. Imagine yourself there with him, in aspects of his scourging, crowning of thorns, carrying the cross, hanging on the cross. Aspects of your suffering can and will relate to something in Jesus's suffering.
3. Give everything to God with Jesus
4. Bring those sufferings to Mass and place them on the altar with the bread and wine to be offered to God
 - a. At Holy Mass the gift of your suffering God can use for others
 - b. You can join specific prayer intentions to your suffering at Mass
 - c. Receive Jesus in the Eucharist to strengthen you to go out and to continue to good in the midst of your daily trials and suffering
5. Return to step one! Do it again!