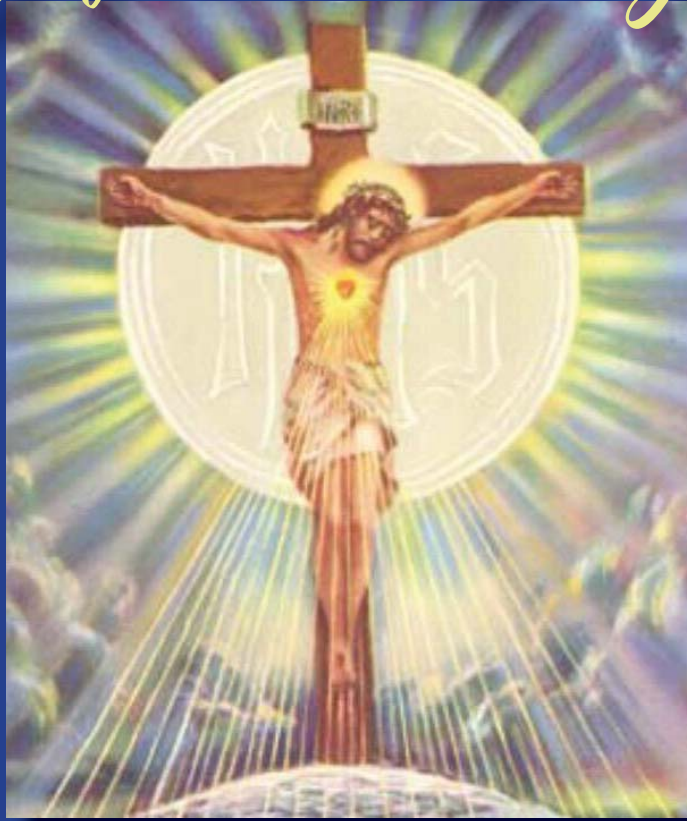


Gift and Forgive



A CATHOLIC UNDERSTANDING OF HUMAN SUFFERING

Pope Saint John Paul II taught that when we gift our suffering to Jesus Christ and forgive someone, we are helping to save their souls. Read more about this teaching in his encyclical *ON THE CHRISTIAN MEANING OF HUMAN SUFFERING*.

LORD JESUS,

I gift You my *[name suffering, whether is it anger, frustration, pain, tears, disappointment, everything!].*

I forgive *[name person or persons such as “those who cause others to get angry,” “all humanity,” etc.]*

AMEN.