

## THEME, SCRIPTURE, REFLECTION, PRAYER, CHALLENGE

### DAY 20 Comfort of the Afflicted

Comforting the Afflicted, sometimes called Comforting the Sorrowful, is a spiritual work of mercy because it refers to our need to support each other emotionally and spiritually. God's mercy towards us is not merely given for our own comfort in affliction, but so that we might also display His mercy as we comfort others:

*Blessed be the God and Father of our Lord Jesus Christ, the Father of compassion and God of all encouragement, who encourages us in our every affliction, so that we may be able to encourage those who are in any affliction with the encouragement with which we ourselves are encouraged by God. (2 Cor 1:3-4)*

For those who are not compassionate by nature, speaking truth into a situation is much easier than showing compassion. However, if we are to model St. Joseph and display the character of God in its fullest expression, we also need to extend mercy and give comfort to those around us, especially our families. Comforting the Afflicted is part of the "job description" as it were for a husband and father, and even more so for priests and deacons.

Life is filled with many sorrows. Whether it's financial problems, marital hardships, rebellious children, difficulties in relationships, the death of loved ones/parishioners, or a thousand other woes, we will all experience misery in life.

God will give you all the mercy and comfort you need for every affliction you endure, but don't let that comfort end with you. Don't simply hold on to the care you have received. Let it grow you and make you better at caring for those God has given you opportunity to care for. Remember that you don't have to go it alone! No matter the situation, you can look to St. Joseph to be your consolation. He knows well the hardships of life. He is a kind and loving father and he can intercede for you in times of need.

*St. Joseph, Comfort of the Afflicted, pray that I may be merciful to others as God has been merciful to me. Help me to have a compassionate heart to those entrusted to me and to have the humility to receive mercy and compassion in times when I am afflicted. Pray the [Litany of St. Joseph](#).*

**Daily Challenge: Having identified the crosses you and your family currently bear, spend some quiet moments asking Jesus to give you His heart of compassion and mercy that you may come alongside your loved ones to lighten their load.**