

WORD OF LIFE

Phil 4:13

"I can do all things through him who strengthens me."

There are times when we are happy, full of energy and everything seems easy and light. At other times we are overwhelmed with difficulties that fill our days with sadness. This might be caused by a small failure to love those who are close to us or by our lack of ability to share with others how we try to put God in the first place in our life.

DON'T FEEL ALONE

The biggest burden in these situations is that we feel we have to face these trials by ourselves, without anyone to support us or give us good advice.

Paul was someone who lived with great intensity all the joys and sufferings of life, all the successes, but also all the moments people didn't understand him.

Was he a super-hero?

EVERYTHING IS POSSIBLE FOR GOD

St. Paul felt weak, frail and inadequate, but he also had a secret that he shared with his closest friends: **«I can do all things in the one who gives me strength»**. He had discovered that Jesus was constantly present in his life. Even when everyone abandoned him, Paul never felt alone: Jesus was always with him.

OUR HUGE SECRET

I can do anything when I welcome the words of the Gospel and put them into practice. They show me the path I have to follow day by day. They teach me how to live. They give me confidence.

I can do anything when I live in unity and love with others, because then Jesus is in our midst and we are sustained by the power of unity.

OUR EXPERIENCES



Abraam, 15 years old

THE IMPORTANCE OF COMMUNICATING

I have a classmate that I had a hard time getting along with. Even though I have been trying to live the Word of Life for several years, it seemed impossible for me to see him as someone I could love, even though that's what the Gospel teaches us to do. He knew that I was a Christian, and so he enjoyed making fun of Christians, making bad remarks about them and so on. The more defensive I became, the more he would make fun of me. When he saw how upset I would get, he kept it up even more, making more offensive statements about my religion, and also about me as a person.

At that point, I couldn't stand being near him anymore and when I got to school in the morning I didn't know how to face him in the classroom. One day, during recess, I decided to get even with him and make him pay for what he was doing to me. I even thought for a second of getting violent and beating him up, but luckily my friend stopped me. I still feel bad about that because it would not have been like me to start a fight.

In another moment when I was very sad about it all, I understood that I would never get through this by myself. So I decided to share it with the group of youth who live the Word of Life, too. I asked for their help, and talking with them, I realized that my faith was being put to the test and that this was a chance to prove that I really did believe in God. With the support of the group, I found the strength to «turn the other cheek» if it was necessary. I began to feel strongly that I had to be committed to return good for evil.

Even though the relationship with this boy has changed a little, he still makes critical remarks every so often. When that makes me suffer, I try to see it as an aspect of the pain that Jesus also suffered when people made fun of him. This gives me new strength, together with the unity and prayers of my friends who live the Word of Life.

Did you ever have an experience like this?

