

## **Jesus explains... Suffering is work, and carrying a cross is a blessing, and it serves for education**

*Words from Jesus to Udo for the heart dwellers and all who have ears and hear*

"My children, your crosses are many-sided. Sometimes I call you to carry only the weight of your cross, and then it is easier for you. But at other times, very often and especially at the moment, you carry several crosses. You are all connected to each other as brothers and sisters, and the same Holy Spirit flows through all of you.

When I see a soul that can no longer get up from its bed of sorrow, I take a portion of that suffering and distribute it everywhere to spread the burden more evenly. For you it may seem merely a small addition, but for the soul that has suffered it is a relief so that it is not deprived of all hope and enthusiasm for life. Yes, there are times when you will also pass through that veil of tears, but it will not last forever, provided you have Me. I always find ways to free you just enough so that you can get up again and go on.

For souls in the world who have no one to pray for them, I again take a portion and allow it to affect friends and relatives so that what is merely a minor inconvenience for them may mean everything to that soul.

This is the reason why I emphasize: 'Love one another as I have loved you.' It is only this kind of charity that says "yes" at the expense of other souls. This is your glory, this love that surpasses all understanding. This is the culmination of your Christian walk; to be willing to suffer for others as I suffered for you and for all evildoers. What a beautiful vision of My charity this is. What a miracle this is for the angels from above and for the souls on earth when they see this sacrificial love and feel its effects.

There are many kinds of burdens, and I want you to recognize them. There are delays that cause enormous reorganization in terms of time and cost. There are sick children, sick pets and relatives. When an illness breaks out, it impacts on multiple levels... The inconvenience of taking care of the person, the added burden in terms of cost and time. But worse than any other cross is the emotional cross of watching one of your loved ones suffer. This is the heaviest cross you can have; the tragedy of pain and suffering.

I do not allow these burdens just like that... They are above all an education in maturity and selfless love. This is the chance the soul needs to grow into what I created it for. The world tells you all kinds of lies, especially the lie of a painless and happy life. There is no such thing. Every person, whether you see it or not, carries a cross. If they are not with Me and do not know Me and My word, they do not see the meaning of suffering; rather, they perceive it as punishment.

Nothing could be further from the truth. Suffering teaches a soul to focus on what is really important. All the frivolity in life becomes unimportant when it is compared with the health and happiness of the sufferer. But in this very situation lies the greatest gift you can give. When you are sick and suffering, life flows out of you, and I capture that life and bless others with it. If you have given your life to Me without reservation, you will experience that kind of suffering. When I spoke of abundant life, I was not speaking of the abundance in worldly things. I was talking about the abundance of My presence and the joy of living in Me.

See, when I told you to deny yourselves, to take up your cross and follow Me, I gave you the mandate to have your own unique crosses. It could be slander and denigration or lack of appreciation of what you are doing. It could be the inconvenience of the car stopping or the refusal of a loan for another car. It could be a false accusation at work or someone who really doesn't like you trying to smear your name. It could be giving in to a family member regarding where to go on vacation or where to take a family trip.

ANYTHING that causes you to give up your will for the will of another can be an occasion for suffering, maturity and charity. Apart from that, I take this inconvenience as a sacrifice of love for another soul. I want you to understand the dynamics of this release of energy.

When you are looking forward to a productive day, and all of a sudden you feel drained and flabby, and someone close to you had been struggling, and on that day that person says to you: 'I feel so good today, I finally got some things done', while on the other side of the world there are children who are almost skeletons, and that day they got their first meal in weeks. Another family could be on the run from ISIS, and the delay of your plans could be the graces

needed for them to escape their murder. You experience My exchange law in action. I have exchanged your loss and made it a blessing to that person. He or she was the recipient of your sacrifice. This can often be seen in husband and wife.

Paul said in Colossians 1:24: *"Now I rejoice in what I am suffering for you, and I fill up in my flesh what is still lacking in regard to Christ's afflictions, for the sake of his body, which is the church."*

And Sirach 2:1-6 states: *"My son, if you come forward to serve the Lord, prepare yourself for temptation. Set your heart right and be steadfast, and do not be hasty in time of calamity. Cleave to him and do not depart, that you may be honored at the end of your life. Accept whatever is brought upon you, and in changes that humble you be patient. For gold is tested in the fire, and acceptable men in the furnace of humiliation. Trust in him, and he will help you; make your ways straight, and hope in him."*

Don't you see, My children? It could be something small for you, but for another it could mean life. I tell you this because I want you to be cheerful givers and to trust that every inconvenience in your life has a special purpose. Every cross given has an important meaning in the salvation of souls. You will probably not know about it until that day when all the works are revealed, but you can trust Me that I allowed it for a very good reason.

This is also where undeserved suffering finds its meaning; souls born into heartbreaking and cruel poverty where there is no food and to stop the pain in their belly, they eat clay. Children born into broken, drug-addicted families, in areas where only a small percentage of children survive the ravages of street gangs and illegal drugs.

I have talked to all of you about this dynamic where a soul makes a decision before birth, and then it has to live with it and suffer a premature death. These are things that will be understood only in heaven, looking back. But I share them with you now, in the hope that you will not become disheartened by the suffering of others to whom you cannot bring comfort.

Everything has its purpose, My children. There is a very particular purpose and dynamic for every single thing that happens in the life of every single person. But I draw your attention to these things to tell you that if you bear these sacrifices with serenity and patience, you "work". You are performing a task that requires intense and careful vigilance. It is not just an inconvenience; it is a necessary work to alleviate the suffering of another. It is not just an illness; it is a work of charity that gives pause to another so that he may regain his hope and that he may rise from the pit in question and once again return to life in Me.

I hope this gives you a fresh and heavenly perspective regarding your crosses, that you can rejoice in it when others find their way, since you have joyfully given Me your "all".

This is the true meaning of: *"Deny yourself, take up your cross and follow Me."* (Matthew 16:24) Now I ask you for this gift because you are living in the dangerous times before My return - a time when evil is called good and good is called evil; a time when the darkness that covers the earth is so enormous that nothing makes sense anymore; a time when souls are born into the most abominable circumstances and deprived of all human dignity.

You are not only the light of the world - a torch in My hand that illuminates the darkness - you are also the medicine that I sent into the world to bring it healing, understanding and solutions, you are vessels of My love. The most powerful remedy is love.

I want you to realize this in these last hours before your rapture. I want you to be at peace in the midst of the various trials you find yourselves in, various contradictions, things that do not make sense.

Please, I want you to understand that everything good you do will be rewarded one day, and every one of these trials and contradictions has meaning for Me.

I bless you now with My patience and endurance during these trials. And I ask you to remember: This is a joyous occasion - to give Me something. Do not let your heart become bitter, exhausted or depressed. Know that all these things are works, hard works. And you will not lose your reward in heaven."