

Fearless and Free

March 20, 2026

PASSIONATE

I – The Gift of Being Stripped Down

The enemy knows our _____ and _____ them.

But when we courageously invite Jesus into the mess and pain, He _____ it and brings _____.

II. How to Suffer Redemptively

A. Recognizing our Wound

“What really hurts is not so much suffering itself as the fear of suffering. If welcomed trustingly and peacefully, suffering makes us grow. It matures and trains us, purifies us, teaches us how to love unselfishly, makes us poor in heart, humble, gentle, and compassionate toward our neighbor. Fear of suffering, on the other hand, hardens us in self-protective, defensive attitudes, and often leads us to make irrational choices with disastrous consequences.” – Father Jacques Philippe

B. Following Jesus’ Example

II. St. Ignatius’ Practical Tips from Discernment of Spirits

A. Get a Grip on Your Thoughts

- a. Be Aware
- b. Understand
- c. Take Action

B. Stay the Course

C. Change Forward and Do More

Discussion Questions

1. We heard in the talk that “suffering that is not transformed is transmitted.” Share an example from your own life or the life of someone you know of suffering being transformed.

2. Saint Ignatius’ discernment of spirits gives us three things we can do in the midst of suffering: get a grip on our thoughts, stay the course, and charge forward and do more. When you are suffering, which of the three do you find hardest to do?

3. In which area of your life are you facing the choice of either shaking your fist at God or offering Him the surrender of your will – your FIAT?
