

WHY MEN AVOID SUFFERING— HOW GOD USES IT TO MAKE SAINTS

No. **120**

THE WAY OF A MAN
BLOG

JAN
20
2026

MAGNANIMITAS ET HUMILITAS

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Purpose

To understand how suffering can become a great ally toward becoming God's son and his saint.

Section 1: The Reality of Suffering

"Suffering is an inescapable plague... a relentless reality that weighs upon man daily."

In what subtle ways do you notice yourself structuring your daily life around the avoidance of discomfort?

II. The Architecture of Comfort

We unconsciously design our lives to minimize friction, pain, and inconvenience.

Is comfort inherently bad—or does it become dangerous under certain conditions?

III. The Question of Human Potential

Avoiding suffering will limit your potential

What fears arise when you honestly consider striving for holiness or heroic virtue?

IV. Why We Avoid Suffering (Examination of the Seven Reasons)

Which of the seven reasons do you see most clearly in your own life?

Which reason do you see most commonly in modern culture?

V. The False Wisdom of Self-Preservation

Comfort preserved too long leads to spiritual decay.

How can a man balance legitimate self-care with the call to self-sacrifice?

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VI. The Objection: “I Could Never Be Like Christ”

The call to holiness is impossible without grace—and that is precisely the point.

Why is it comforting—and also unsettling—that God expects us to become like Christ?

VII. The Divine Scalpel of Suffering

God uses suffering intentionally for our transformation.

Can viewing suffering as formation rather than punishment change your response to it? How so?

VIII. From Suffering to Sacrifice

Suffering becomes redemptive when it is freely offered to God.

What does it mean, practically, to “make pain holy”?

IX. Love: The End of Fear

Fear of suffering reveals a lack of love; love drives out fear.

What fears are you being invited to surrender to God right now?