

Links to prior learning

Christians believe that Jesus' suffering helps them understand why suffering can have meaning. Isaiah described the Messiah as a 'suffering servant', and Christians believe this was Jesus. Jesus suffered deeply during his trial and death to save people from sin and death. Because sin had separated humans from God, Jesus' suffering brought salvation. Christians believe his example teaches them to trust God and to find hope even in difficult times.

Links to future learning

Suffering can be hard to understand and may cause some people to question their faith. Catholics believe that God is still good, even when suffering exists. There are different kinds of suffering. **Physical evil** is caused by natural events (e.g. floods), **moral evil** is caused by people choosing to do wrong (e.g. stealing). **Physical suffering** affects the body, like an injury, while **moral suffering** affects the mind and emotions, like fear. The Church teaches that suffering entered the world through human sin, which damaged God's perfect creation. St Augustine said suffering is either sin or a result of sin. The story of Job shows that people may never fully understand why they suffer, but they can still trust in God. Sometimes suffering leads to change, like when King David repented after doing wrong.

 Key Words

Suffering servant: A figure in Isaiah who suffers to save others; Christians believe this is Jesus.

Passion: The pain and suffering Jesus went through before and during his death.

Suffering: Pain, sadness, or harm that comes from evil or when good is missing.

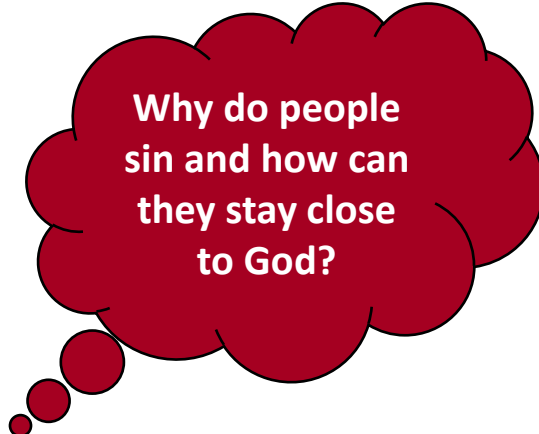
Lent: A 40-day time of preparation before Easter, starting on Ash Wednesday.

Fasting, almsgiving, and prayer: Three ways Catholics prepare for Easter during Lent – by giving something up, helping others, and praying.

Triduum: The three special days from Holy Thursday to Easter Sunday that remember Jesus' death and resurrection.

Sacrament of Reconciliation: Also called Confession or Penance; when someone confesses sins and is forgiven.

Problem of evil: The question of why there is suffering if God is good.



Why do people sin and how can they stay close to God?



During Lent, Catholics prepare for Easter by fasting, giving to others, and praying. These actions help them turn back to God and remember Jesus' time in the wilderness. The **Triduum** begins on **Holy Thursday**, when Jesus shared the Last Supper and told his disciples to love one another. On **Good Friday**, Catholics remember Jesus' death by honouring the cross in a special service. **Easter Sunday** celebrates Jesus rising from the dead, starting with the Easter Vigil on Saturday night, which shows light overcoming darkness



The Sacrament of Reconciliation is a healing sacrament that focuses on forgiveness. It began with Jesus, who often forgave others. Catholics believe they must still ask God for forgiveness, even though Jesus died for their sins. In this sacrament, a person confesses their sins, and the priest forgives them and gives a penance. It helps people move on from guilt, repair the harm they've done, and feel closer to God. Catholics often receive this sacrament during Lent.