

A selection from *Interior Freedom*, by Jacques Philippe.

Chapter II: The Present Moment (continued)
Part III of VIII

3. WE CAN SUFFER FOR ONLY ONE MOMENT

This effort to live in the reality of each moment is of the greatest importance in times of suffering. St. Therese of Lisieux said during her illness: “I only suffer for one moment. It is because people think about the past and the future that they become discouraged and despair” (St. Therese of Lisieux, “Yellow Notebook,” August 19). Nobody has the capacity to suffer for ten or twenty years; but we have the grace to bear today the suffering that is ours now. Projecting things into the future crushes us—not experiencing suffering but anticipating it.

...Reality is something one shoulders together with all the suffering that goes with it...But the idea of suffering (which is not the reality, for real suffering is always fruitful and can turn life into a precious thing) must be destroyed. And if you destroy the ideas behind which life lies imprisoned as behind bars, then you liberate your true life, its real mainsprings, and you will also have the strength to bear real suffering, your own and the world’s (Hillesum, *Interrupted Life*, p. 269).

To come:

- *Let the day’s own trouble be sufficient for the day*
- *Tomorrow can take care of itself*
- *Live, instead of waiting to live*
- *Availability to other people*
- *Psychological time and interior time*

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