



Day 26 | Offer It Up

In today's One Percent Prayer, Margaret invites us to offer up the suffering of our lives to the Lord for the good of someone else who is in distress.

In today's reading, we see Jesus choose to accept the suffering before him in his agony in the garden for our good. When Jesus offered up his suffering and death to the Father for us, in a sense he gave all suffering meaning and power. Because we are baptized into Jesus and because he redeemed the world through his suffering, no suffering in our life has to be meaningless. We can lift our suffering up to Jesus, ask him to unite it with his own suffering, and use it for the good of others. (For more on offering up suffering, see the links below.)

We invite you today to give this a try, offering up the suffering of your life for the good of another. Whatever is distressing you, whatever pain or suffering in your life, no matter how small, offer it up to the Lord and ask him to take it, unite it to his suffering, and use it for whoever you're praying for today.

This can sound as simple as, "Jesus, I give you these sufferings of my life [be specific]. I lift them up to you. Please unite them to your own suffering and use them to [make a specific prayer request]."

The sufferings of your life might include things like illness, disappointments, hard labor, inconveniences, and physical or emotional pain, including anxiety, grief, or loneliness.

You may be surprised to find that not only does the Lord answer your prayers in beautiful ways, but the process of offering up your sufferings in prayer can make them easier to get through, as your suffering no longer has to feel useless or meaningless.

Know we're praying for you today as you practice offering it up.

Want more? See: [Salvifici Dolores](#) by Pope St. John Paul & [Colossians 1:24](#)