

UNITY CHURCH OF OVERLAND PARK

WHY DO BAD THINGS HAPPEN TO GOOD PEOPLE?

Rabbi Harold Kushner had this to say, “In the final analysis, the question of why bad things happen to good people transmutes itself into some very different questions, no longer asking why something happened, but asking how we will respond, what we intend to do now that it happened.”

As you move through difficult, painful and challenging times, here are some tips for you.

- **God is NOT punishing you.** Know that the “bad thing” you are facing is not something you do or don’t deserve. It is not God punishing you or your loved one. But it *is* yours to face.
- **The way out is the way through.** You must be willing to go through the experience. The greatest pain is ignoring and resisting it. Resisting it. You must be willing to go through the experience and be present in the moment. In her book, *Seeking With All My Heart*, Paula D’Arcy wrote, “You will take your suffering consciously or unconsciously. If you take it consciously, everything will begin to open.”
- **Be willing to go through the darkness if that is what it takes.** No one can tell you how long it will take to get to the light. Be willing to grieve.
- **Look for blessings along the way.** Notice how your soul is growing. Notice when and how you allow God to support you. Notice how you are coming to know yourself more truly so that you can more authentically give to the world. The blessings may come in surprising ways – strive to notice them.
- **Allow others to support you.** Learn to be a good receiver. Sometimes the greatest blessing is that others end up developing their capacity to give and you to receive.
- **Learn to be a giver.** When you are in your extremity, it is a good time to step out and give to someone else. By giving, you remember your own self worth.
- **Wherever you are, God is.** You are never alone, even though you may feel that you are. God is always there. Take time to pray and invite others to pray for you when you can’t do so for yourself. You are not alone.