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## CEC QUIZ ANSWERS:

### Embracing Passive & Active Purification as Redemptive Suffering (1.0 Spiritual CEC) By: Megan Hjelmstad

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. As instructors, Pietra Fitness is our \_\_\_\_\_.
2. \_\_\_\_\_ is when we invite or choose to engage in, or elect suffering for a greater purpose.
3. \_\_\_\_\_ is suffering that we don't elect but that God allows because he knows there is a purpose for them to potentially be used for an eternally greater good.
4. Active suffering always involves \_\_\_\_\_ or things we don't prefer.
5. \_\_\_\_\_ is an act of the will.
6. Whose feast day was Megan's miracle baby born on?



Name: \_\_\_\_\_ Date: \_\_\_\_\_

7. Who was Jesus speaking to when He said that "You will save more souls by offering up prayer and suffering than a missionary's sermons and teachings?"

8. Passive suffering can include:

- a) Physical suffering
- b) Emotional suffering
- c) Spiritual suffering
- d) All of the above

9. All sufferings are being \_\_\_\_\_.

10. What Practicing active suffering makes our \_\_\_\_\_ and  
\_\_\_\_\_ to rule over our passions; it helps us to temper strong emotions??

11. What are the 3 ways of offering up our suffering?

12. Who said to never waste your suffering? What was the name of his encyclical?