

# Suffering Belongs to the Living, Not the Dead.

by Francois Fenelon

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*The speaker emphasizes the importance of inner death, or letting go of one's attachment to life, in order to experience a peaceful physical death.*

**Scripture:** Romans 6:11, 1 Corinthians 15:55, Galatians 2:20, Philippians 1:21

**Topics:** "Dying To Self", "Inner Transformation"

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## Description

Francois Fenelon emphasizes that suffering is a part of the living, not the dead. Many mistakenly believe that the death of self causes their agony, but in reality, pain is rooted in the living parts, not the dead. Death is only painful to those who resist it, as self-love fights against it fiercely. Fenelon urges the importance of dying inwardly to the desires of the self, so that when bodily death comes, it is merely a peaceful falling asleep.

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## Transcript

LETTER XXXVI.

Suffering belongs to the living, not the dead.

Many are deceived when they suppose that the death of self is the cause of all the agony they feel, but their suffering is only caused by the remains of life. Pain is seated in the living, not the dead parts; the more suddenly and completely we expire, the less pain do we experience. Death is only painful to him who resist it; the imagination exaggerates its terrors; the spirit argues endlessly to show the propriety of the life of self; self-love fights against death, like a sick man in the last struggle. But we must die inwardly as well as outwardly; the sentence of death has gone forth against the spirit as well as against the body. Our great care should be that the spirit die first, and then our bodily death will be but a falling asleep. Happy they who sleep this sleep of peace!

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