



The Big Questions Club Week 9 | Theme: How Can I Heal?

Philosopher of the Week: ELEONORE STUMP

Eleonore Stump is a Catholic philosopher at Saint Louis University. She writes about love, pain, and how people grow through suffering. In her book *Wandering in Darkness*, she explores how deep healing often happens through connection and love, not just through answers or fixes.

She writes:

“The deepest kind of healing doesn’t come from understanding why we suffer. It comes from the presence of someone who loves us in our suffering.”

- *Wandering in Darkness*, p. 4

“God does not explain suffering so much as inhabit it with us.”

- *Wandering in Darkness*, p. 25

“The story of Jesus is not primarily about explanation. It is about God’s solidarity with us.”

- *Wandering in Darkness*, p. 327

In other words:

Real healing isn't always about solving the problem. Sometimes it's about not being alone. Stump suggests that being deeply loved and seen, even when we are hurting, is what brings the most healing.

Something to think about:

When you're struggling, do you find more comfort in understanding the "why" or in knowing someone is with you through it?

Heard in Today's Video

Here are a few quotes from the Bible we heard in today's video that speak to healing and faith:

"By his wounds we are healed."
- Isaiah 53:5

"Jesus said to her, 'Daughter, your faith has healed you. Go in peace and be freed from your suffering.'"
- Mark 5:34

"Come to me, all you who are weary and burdened, and I will give you rest."
- Matthew 11:28

Feel free to think about these or ask questions next time.

A Final Word

Healing often doesn't come through having all the answers. Sometimes what helps most is knowing someone is walking through it with you. That's true in friendships, in family, and maybe even in faith. You don't have to go through hard things alone.

Watch It Again

Scan the QR code below to rewatch this week's video and reflect on what stuck with you.

