



Peace

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) Glory to you, Lord. “Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving.”¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You.² Have mercy on us, and be with us today as we contemplate peace.

INTRODUCE TOPIC & SCRIPTURE **John 14:27** “Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid.”

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE (Psalm 116:7) “Return, O my soul, to your tranquility, for the Lord has been good to you.”

MEDITATION “St. Augustine describes true peace as ‘tranquility in order,’ order between God and ourselves, order within ourselves, and order in our relationships with others. If we live that threefold order, we will have peace, and we will transmit that peace to others. Order towards God means that we are firmly determined to root all sin out of our lives, and to center everything on Christ. Order toward others means, in the first place, being very refined in the way we live justice (justice in our words, in our judgments and in our actions), because peace is the result of justice... ‘where justice is loved, where the dignity of the human person is respected... that’s where you’ll find peace.’

Our Lord has entrusted to us the task of bringing peace to the world, starting by having peace in our own souls, and then, in our family and in our place of work. We should work actively to bring animosity and conflict to an end, to create an atmosphere of cooperation and mutual understanding. Peace... isn’t just the absence of quarrels; that could be a sign simply of mutual indifference. Peace means helping others...being concerned about others, being interested in their plans and projects, their joys and sorrows. God wants us... to bring peace and joy wherever we go.”³

RESOLUTION (Re-read Scripture.) Christ has given us peace, His peace – a gift of greatest worth. Have I accepted this gift completely? Do I let His peace permeate my relationship with Him? Are my relationships with others filled with Christ’s peace? Have I allowed His peace to reign within myself? In what specific area of my life is God asking me to accept and truly enjoy His gift of peace? Holy Spirit, come.

Mary, Queen of Peace, Pray for us!

ENDING PRAYER (Kneeling*) Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Queen of Peace: **pray for us**; St. Joseph: **pray for us**; St. Augustine (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Francis Fernandez, *In Conversation with God*, Vol. 2: 77.2. Scepter Publishers. Used with permission. www.scepterpublishers.org

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

