



# (Advent) 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."<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we contemplate Your peace during this Advent Season.*

**INTRODUCE TOPIC & SCRIPTURE** **Luke 2:14:** "Glory to God in the highest and peace on earth to men of good will."

## BREATH-WORK & GRATEFULNESS

**BODILY PRAYER VERSE** *"Lord, You have come to bring me peace."*

**MEDITATION** Peace is one of the great goods constantly implored from God in the Old Testament. It is this gift that is promised to the people of Israel as a reward for their fidelity<sup>3</sup>, and it is seen as a work of God<sup>4</sup> from which flow uncountable benefits. But real peace came to the world only with the coming of the Messiah...Advent and Christmas are especially opportune times for the growth of peace in our hearts; they are also times to pray for peace in this world, torn as it is by conflict and widespread dissension....With the Messiah's coming, the peace and harmony the world knew at the beginning of creation are restored and a new order is inaugurated. The Lord is the Prince of peace, and from the very moment of His birth He brings us a message of peace and joy – the only true peace and the only real joy...<sup>5</sup>

The Christian is a man open to peace, and his presence should spread tranquility and happiness around him...Blessed are we when we know how to bring peace to the afflicted, when we serve as instruments of unity in our families, among our workmates and in all those we meet in the course of our daily lives...The man who carries peace in his heart knows how to communicate it almost unthinkingly, and others look to him for support and for peace of mind.<sup>6</sup>

**RESOLUTION** (Re-read Scripture.) During this time of hustle and bustle and as we prepare our homes and hearts for the birth of Christ, let us try to foster peace and joy overcoming every obstacle. Let us get ready for Christmas by being close to Our Lady. Let us try, as well, to get ready for the Holy Season by encouraging an atmosphere of Christian peace where we live and work, and by doing all we can in small ways to bring pleasure and affection to those around us. Come Holy Spirit...

**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 we do glorify You.*

*Mary, Queen of Peace: **pray for us**; St. Joseph: **pray for us**; St. Peter(or saint of the day): **pray for us**.* In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Lev 26:6

<sup>4</sup> Is 26:12

<sup>5</sup> Fr. Francis Fernandez, In Conversation With God, Vol. 1, 3.1

<sup>6</sup> Fr. Francis Fernandez, In Conversation With God, Vol. 1, 3.2

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

