

WEEK 2: TUESDAY JULY 28th

Sisters of Life - Let Love Give you Peace

<https://youtu.be/Et4hSHjtNA>

Peace - has there been a time when you were able to remain peaceful in a difficult situation?
Sister mentioned someone stealing her ashes on Ash Wednesday...
Big Dude asked the question we're all asking - is peace possible?

Babysitter - build a big sandwich of whatever you can find. If I can't eat it, you can stay up as late as you want. But if I finish it, you have to go to bed on time.

proceeds to eat the whole thing

Build the sandwich of stuff in your life and give it to God.

God wants to fight for us, for our peace.

Activity/Challenge - write out your top 3 peace stealers.

It's important to name them, let Jesus claim them, so He can tame them.

examples:

Watching too much news / spending too much time on social media / screens

Toxic friend groups

Worrying about various things

Etc.

Prayer throughout the day - miracle minute

We can lose ground in the battle throughout the day... take a miracle minute each hour to check in with God and keep the peace! How we feed our soul results in our spiritual health (or lack thereof).

Living with / around / in crap completely contradicts our identity as Catholics.

- Examination of conscience
- What is not in line with God's plan for our lives?
- Truth, beauty, goodness...
- The hard choice but the beautiful choice.

Jerome Lejeune (servant of God)

What a great title to have at the end of our life!

He radiated peace... a great role model for us. Look up his story!

People said he "radiated peace"... is there someone in your life who radiates peace and joy?

How can you be that witness to others?

I think a lot of people confuse happiness with peace - do what makes you happy - in attempting to equate the two people chase worldly things but still lack peace, as they have the illusion of happiness. Christ's peace allows us to be joyful/happy/peaceful even in difficult times.

Peace through prayer, adoration, mass, confession, opening difficult situations to God