

SPIRITUAL FORMATION FOR A ZEALOUS HEART PEACE

1) THE WORLD IS BUSY

Most of us can identify with a sense of busyness. It seems like we always have more items 'to do' and less time to do them in. We live in chaos and disorder in our physical surroundings and in our spiritual life. We witness lack of peace in our families, in our country and in the world.

2) JESUS SAYS, "BUT I BRING YOU MY PEACE"

God didn't create the busyness. We did. God created things to work, to function properly in peace and in justice. That's God's world. The rest of it is our doing. We have contrived this. We have done it ourselves. 'But how, could a loving God allow it?' others would ask. He has to. If the Lord has made us free, then he has to honor what he has done. He can't take away our freedom.

But the Lord's peace is available to us. *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. (John 14:27)*

3) BE STILL WITH OUR BLESSED MOTHER

Come to a place of stillness. We can imitate Jesus' mother. She treasured all these things and pondered over them in her heart (Lk 2:19). That's prayer. That's meditation. That's coming before the Lord in peace and quiet and opening up our hearts. We can do no better than imitate Mary. She in turn will image for us what it means to be at peace. From our own place of peace, we can then reach out to others who are caught in busyness and help them to find peace as well.

PRAYER: Ask for the grace to maintain an interior stillness, even if the world is busy around you.

ACTION: Become an instrument of peace today by sowing love where there is hatred, offering pardon where there is injury, encouraging faith where there is doubt, bringing hope where there is despair, offering light to those in darkness, or sharing joy where there is sadness.

Peace Prayer of Saint Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

Amen.

