

Tools for Gaining Interior Peace

Responding to God's initiative and grace.

- Philippe uses the image of a lake. We must be placid in order to reflect God's image and thus respond to His invitations to His grace.
- An agitated lake cannot reflect the sun as well. Its choppy and muddy waters are unable to receive and thus reflect his image.
- Refer to last week's lecture to refresh our minds on how our enemy tries to steal our peace.
- "Often we try to resolve things ourselves when it would become more efficacious to remain peaceful before the gaze of God and allow Him to act in us..." (p. 6 in Searching For and Maintaining Peace.)

Spiritual Combat: The Fight against sin (Rom 8:13)

St. Paul calls us to put to death the deeds of the body. How?

- Repentance—Being truly sorry for our sins. Our desire is more to please God than self.
- Conversion—The Catechism says this: Conversion is a radical reorientation of the whole life away from sin and evil, and toward God. This change of heart or conversion is a central element of Christ's preaching, of the Church's ministry of evangelization, and of the Sacrament of Penance and Reconciliation (1427, 1431, 1423; cf. 821).
- We receive the sacraments not only to place the Spirit of God in our souls, which is the essence of the peace given by Christ, but also to give us the strength to do battle.
- This fight continues until death.
- God calls us to *good will*. That means that, in general, we seek His will over our own. Certainly, we are not capable of continuing in this way at all times. But when we discover we have sinned, a person with good will returns to God quickly and openly.

Reconciliation (Jn 20: 19-23)

Jesus gives the gift of peace through the Holy Spirit.

The purpose of this gift? To forgive sins.

- Confession is the way that we remove the effects of sin in our lives.
- This is the way we not only repair our relationship with God, but also with each other.
- The grace given in this sacrament actually gives us strength not to commit this sin again.
- Yet, we should not be surprised that we may quickly (at least, at first) return to the very sins that we have just confessed. This is because God does not remove our tendency right away as He wants us to fight against it, gently, so as to grow in strength.
- Admitting our sins takes humility, always the key ingredient in all spiritual fruits, especially peace.

Abandonment in trust.

Patience