

Maintaining Peace

Summary

In the previous weeks, we discussed what this Peace is promised to us by Jesus Himself, how we lose that peace, and then how we regain it. Today, we will discuss how we maintain so as never to lose it again.

- The connection between peace, silence, and meditation.
 - Although, as we have seen, peace may not always be an absence of conflict, it is an absence of distraction and dispersion, or, at least, an absence of being mastered by these.
 - Silence, then, is a constitutive element of the peace promised by Christ: silence of the heart, mind, and soul. As Blessed Theresa of Calcutta noted, the fruit of silence is prayer.
 - Silence: A confrontation of the naked self before God.
- Meditation

A simple method of meditation

Read the Bible or some other book of meditation. As soon as something strikes you – Stop. **Reflect** or think about what struck you as long as it keeps your attention (talk to God about it) and listen to Him. **Resolution** that will help you live more like Christ today. Try to remember the meditation all day and even more resolve to live the meditation all day. Ask yourself: how am I to live out this meditation over the next 24 hrs. Then choose some practical, precise, and concrete action to live out.

Examples of a resolution:

- Today I will listen more than I speak
- I will not gossip
- Today I will remind myself that Jesus is Lord every time I find myself trying to take on someone else's burdens or fix someone else's problems.
- I complain too much, so today I will practice thanking God for everything.
- I am in the midst of suffering
 - so today I will
 - remember that God only allows this suffering for my good and the good of others
 - there is meaning and purpose for this suffering

Charity

- An overflowing surplus of charitable thoughts will make you more charitable in word and in act.
- Kind deeds will make you holy because it deepens our friendship with Jesus.
- Further, these deeds lead you to a tranquil relationship with the divine Godhead.
- Kind actions rid us of our selfishness, which robs us of our peace.
- Happiness in the soul is the atmosphere in which great things are done for God. (Cf. 1 Jn 2:4-6.)

Final Considerations when facing the prospect of losing peace:

- Thanksgiving before battle. 2 Chron 20: 15-21
- Detachment from control and/or outcome through mortification.