

Scripture Reading

A Reading from the Letter of St. Paul to the Philippians (Phil 4:6-7)

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. The Word of the Lord. R. Thanks be to God.

Reflection ~ God wants us to have peace Always

Real peace is from the Cross of Jesus. It is significant that the greetings of Jesus to His disciples after His resurrection was always, "Peace be with you!" With His Cross and resurrection Jesus has delivered us from sin, death and hell; eternal life and God's peace are the resulting fruits that will last. Peace of God is ours as Christ has earned it for us. But how do we allow this transmission of God's peace to us? **Real peace comes from faith.** "...and on earth peace among those with whom He is pleased!" (Luke 2:14). Peace comes easily to those with whom God is pleased. What pleases God? God speaks to us through the letter to the Hebrews: "And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him." (Hebrew 11:6). There is no true peace in godlessness. Let us keep our faith strong at all times!

In faith we seek peace in God's presence. How secure a child feels in its parent's arms. The child is immediately in distress when the parent goes out of its sight. I am a child of God. God is my refuge and a safe fortress in good and bad times: "I will say to the LORD, 'My refuge and my fortress, my God, in whom I trust'." (Psalm 91:2). Despite the fact that we do not consciously live in God's presence, God's promises to be with us always till the end of time (cf. Matthew 28:20) still hold true. This priceless truth should give us oceans of peace and security!

In faith, we base our hopes on God's Promises. Does life seem meaningless? God says through Prophet Jeremiah: *For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope (Jeremiah 29:11).* God gives us sure hope because He is goodness itself, loves us and nothing is impossible for Him (Luke 1:37, Matthew 19:26). Just as a parent wishes the best for her/his child, the Lord desires even more ardently the eternal good of His precious child for whom He gave up His life. *In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? (John 14:2).* Once we remember we are merely pilgrims on earth passing through to eternal glory, our perspective becomes wider and we begin to see things more through the eyes of God. The Lord promises not just blessings but the kingdom itself! *Fear not, little flock, for it is your Father's good pleasure to give you the kingdom! (Luke 12:32).*

In faith, we put all our trust in God. Do I have a sorrow in my life? The Lord says, "Trust Me, I can transform this sorrow into a cause for rejoicing if you allow Me to": *And we know that for those who love God all things work together for good, for those who are called according to His purpose (Romans 8:28).* God alone is trustworthy because He is love itself and has the power to keep and deliver His promises.

In faith we surrender to God's unfailing love and unfathomable mercy. Holy Scripture tells us that God loves us so much that He did not flinch to see His Son abased, humiliated and brutally killed for our sakes. St. Paul reminds us that: *He who did not spare his own Son but gave Him up for us all, how will He not also with Him graciously give us all things? (Romans 8:32).* God's love and mercy are always there for us, the problem is we often forget how good and merciful God is and will always be, and thus lose our peace.

Conversation with Jesus

Precious Lord, I come before You as Your little child, seeking to live in Your security and peace always. You have won peace and eternal life for me through Your Holy Cross of Salvation and resurrection, and You want me to live in Your peace always. In fact, it is Your holy will that I rejoice in You and thank You always (1 Thessalonians 5:16-18) for Your never ending goodness. Affirm and etch forever in my mind and heart all Your comforting divine attributes and Promises through daily meditation of Your Word so that Your Truth and Promises will become living and active truths in my heart and my life. Mary, Protectress of the Faith, give me a thirst and hunger for God's Word. Thank You, Jesus. Praise You, Jesus.