



Scripture nugget – Do not let your hearts be troubled or afraid (John 14:27)

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).

Inner peace of the soul comes when it is freed of all bondages to sin. It is significant that Jesus greeted His disciples with “Peace” after His Resurrection. The battle against sin and death has been eternally won on our behalf by Christ through His Supreme Sacrifice on Calvary, restoring our reconciliation with God, our Father. Thus, true peace and harmony in our heart, mind and soul becomes possible. By the grace Christ merited for us, we need to get rid of all past unforgiveness, hatred, grudges, sinful habits, unruly passions, negative mindset and areas in our lives that are contrary to God’s commandments of love. Through our unrepented sins and its bondages, we unwittingly place on our own shoulders burdens that are crushing. *“Come to Me, all you who labor and are burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am meek and humble of heart; and you will find rest for yourselves. For My yoke is easy, and My burden light” (Matthew 11:28-30).* Without laying any condition, Christ invites every one of us to hand over to Him all our mental, emotional and spiritual burdens and bondages that rob us of true peace and tranquility. Christ invites us to cast all these self-inflicted burdens on Him, and instead put on the yoke that He has lovingly prepared for us: a life of grace through filial obedience to His commandments of love that will lead us to peace that endures amidst adversities. Christ’s Presence is always with us. To everyone He promises: *And behold, I am with you always, until the end of the age (Matthew 28:20).* To those who receive Holy Communion worthily, He promises: *Whoever eats My Flesh and drinks My Blood remains in Me and I in him (John 6:56).* If we live in Christ’s abiding Presence in and around us, and take comfort in It, then our hearts will be like a piece of solid rock in the face of strong winds of adversities.

Our priceless faith is the effective shield against the darts from the evil one who wants to destroy our trust in God and our peace. *In all circumstances, hold faith as a shield, to quench all the flaming arrows of the evil one (Ephesians 6:16).* Trust in God gives us peace. *With firm purpose You maintain peace; in peace, because of our trust in You (Isaiah 26:3).* Our trust in God is a good barometer of our faith in God. When our faith is weak, so is our trust in God. When our faith in God is weak, we are unable to put up an impenetrable defense to the evil one’s attacks. He will do his utmost to undermine our trust in God so that we cling to our limited human power and depend on ourselves rather than let God take over. Then trials and adversities bring unholy fears and anxieties. Thus, St Paul reminds us: *The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace (Romans 8:6).* It is when we surrender our problems to God that we can readily accept whatever outcome of the situation, knowing His will is best for us, thus, securing our peace.

Conversation with JESUS: Precious Lord, You are the Prince of Peace. Forgive me all my sins and break all bondages that hold me in sinfulness, so that I can have peace in my soul. Magnify my faith and trust in You so that Your abiding, transcending peace can guard my heart and mind. In filial obedience of faith is my peace. *Lovers of Your law have much peace; for them there is no stumbling block (Psalm 119:165).* Help me pray with my heart, meditate on God’s Word and keep inner silence despite the turmoil in the world. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.