

## Peace Be With You

Preparation – What brings peace to your life? Is there a special person or place that helps you feel inner peace? The flip side of that coin is how have you brought peace to another person – whether a friend or a stranger.

Labyrinth Walk – Peace is so important in our lives, yet at times it eludes us. While you walk the labyrinth today, try to put aside the past; for these few minutes, don't worry about the future. For that matter, don't try to *think* at all! As thoughts occur to you as you walk, notice them – and then let them go. Sometimes the best way to find peace within ourselves is to stop searching.

Need a thought or prayer for your walk?

Lord Jesus Christ,  
You are the peace of all things calm,  
You are the place to hide from harm,  
You are the light that shines in dark,  
You are the heart's eternal spark.  
You are the door that's open wide,  
You are the guest who waits inside.  
You are the stranger at the door,  
You are the calling of the poor,  
You are my Lord and with me still,  
You are my love, Keep me from ill,  
You are the light, The truth, the way  
You are my Saviour this very day.

Ancient Celtic Prayer, Godspace

Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.

Henri Nouwen

### **Prayer of St. Francis**

Lord make me an instrument of your peace,

Where is hatred, let me sow love; where there is injury, pardon; where there is error, truth; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and 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.

### **Serenity Prayer [full version]**

O God, grant me the serenity to accept the things I cannot change the courage to change the things I can and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time. Accepting hardships as the pathway to peace. Taking, as he did, the sinful world as it is, not as I would have it. Trusting that he will make all things right if I surrender to His will; that I may be reasonably happy in this life, and supremely happy with Him forever and ever in the next.

Reinhold Niebuhr

Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.

Hebrews 12:14

If it is possible, as far as it depends on you, live peaceably with all.

Romans 12:18

Depart from evil, and do good; seek peace, and pursue it.

Psalms 34:14

For you shall go out in joy, and be led back in peace; the mountains and the hills before you shall burst into song, and all the trees of the field shall clap their hands.

Isaiah 55:12