

# Advent week #2

Peace



December 6-12, 2020

Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.

- Rainer Maria Rilke



Last week, I invited you to reflect on hope as we entered the Advent season together. Now, as we light a second candle on the Advent wreath, I invite you to reflect on peace.

Reflecting on peace can take many forms. You could spend time reflecting on peace in the world, peace in your family, or internal peace. It depends on where you are right now in your spiritual journey. To me, peace is not about solving all the issues that bring disquiet to our hearts and minds because there will always be something else that will do that. Instead, it is about being able to sit with the disquiet, knowing that you are supported, loved, and peace is just around the corner.

As you enter into this week, consider the following questions:

- In what areas of my life do I feel unsettled or uncertain? Where am I seeking peace?
- Where do I see the need for peace in my family? Peace in my friendships? Peace in my community?
- What grace(s) can I ask from God as I seek peace in my own heart and the hearts of those around me?

Consider engaging with others in conversation about their own desires for peace as you move through this week.

Lord, my family, my friends, the world, and my own heart seek your peace as we move towards a new year. Grant me the grace to recognize You in the peaceful moments of my day and even in the disquiet of my heart. Lead me to seek peace and share that peace with others. In your name, I pray. Amen.



## A DAILY EXAMEN ON PEACE

*The examen is a daily reflection created by St. Ignatius Loyola that invites a person to examine their day - looking intentionally for where they found God and where God was more difficult to find. Consider praying this Examen daily during week #2 of the Advent Season.*

I spend a moment quieting myself, inviting the holy Spirit to help me examine my day.

I look back on my day since I woke up. Who or what were signs of peace for me today?

I pause to thank God for each of these tangible signs of peace in my life.

When was it hard for me to feel at peace today?

I ask God for forgiveness for any of my reactions today that might have lessened the peace of others.

I look towards the rest of my day (or tomorrow). What do I need from God in order to experience a renewed sense of peace?

I pause to ask God for what I need.

Lord, as I end this examen, help me to see that even in small ways, I can increase the peace of others.

Amen

"When I say it's you I like, I'm talking about that part of you that knows that life is far more than anything you can ever see or hear or touch. That deep part of you that allows you to stand for those things without which humankind cannot survive. Love that conquers hate, peace that rises triumphant over war, and justice that proves more powerful than greed."

--- Fred Rogers

## A DAILY REFLECTION ON SCRIPTURE

*Quotes are chosen from the daily Scripture readings from the Catholic Lectionary. Daily readings can be found at [uscbb.org](http://uscbb.org).*

**Sunday:** "I have baptized you with water; he will baptize you with the Holy Spirit." (Mk 1: 1-8)

*A baptism cleanses and renews you. It showers you with peace. How are you seeking to be renewed right now?*

**Monday:** "When Jesus saw their faith, he said "As for you, your sins are forgiven.'" (Lk 5:20)

*They came for healing, but forgiveness of sins is what they got first. What forgiveness do you need today?*

**Tuesday:** "Behold, I am the handmaid of the Lord, may it be done to me according to your will." (Lk 1:38)

*How does Mary's peacefilled resply to the angel inspire my own "yes" to God?*

**Wednesday:** "Come to me, all you who labor and are burdened, and I will give you rest." (Mt 11:28).

*Jesus invites me to seek rest in Him. How can I seek rest in the Lord today?*

**Thursday:** "Whoever has ears ought to hear." (Mt 11:15)

*What is God trying to say to me right now?*

**Friday:** "Wisdom is vindicated by her works." (Mt 11:19)

*How are your works, even if they are misunderstood by others, serving God?*

**Saturday:** "My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior." (Lk 1:38)

*Mary and Elizabeth greet each other with such joy and peace over God's promises and their response to them. What is God promising you? How can you respond in such a way that brings you peace?*

