

“Peace is... living our faith”

Zech. 9:9,10 “See, your king shall come to you; a just savior is he, meek, and riding on an ass... and he shall proclaim peace to the nations.”

Romans 8:13 “For if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live.”

Matthew 11:28 “Come to me, all you who labor and are burdened, and I will give you rest.”

Reflection:

We often think we have to do something difficult, complicated, or extraordinary to be successful. Yet, the readings present a very different picture. The first reading tells of our king to come, who is a just savior, yet who is meek, riding on a donkey, and proclaims peace without weapons or chariots. The second reading tells us that if we live by the flesh, we die; we are to live by the Spirit, which we cannot see. In the gospel, Jesus says that what has been hidden from the wise and learned has been revealed to little ones. We see a contrast in what we might expect from a human perspective to who Jesus really is. He tells us that He is meek and humble of heart. He teaches us to have the faith and trust of ‘little ones,’ who depend entirely upon their parents for everything they need. The ‘hard’ part is to persevere in our faith and trust and prayer life. It is simple, yet we have to work at it day after day, like exercises to keep us strong... but not without His help or comfort.

Jesus tells us, *“Come to me.” “I will give you rest.” “Learn from me.”* We go to Him in prayer, both formal and informal. We need to spend time “resting” in the Lord, just being with Him. We need to learn from Him by spending time with the Word of God. We come to know Him better by reading about His life and His teachings, and by listening to His Word in our hearts. We need to frequent the sacraments, so that we can be close to Him. Then, when we have received Him, embraced Him and His way of life, and are connected with Him... then we can go out and give His love and mercy and peace to others. Then His goodness will naturally flow from us; His works will simply be a part of our lives.

It is easy for us to get caught up in our jobs, with our kids, or with activities, with busy-ness. If we let our guard down, we can get lost in all the noise and distractions of the world (the “flesh” of our existence). We need to focus on the Spirit, who dwells in us. Just as we need to take time out to be with the significant people in our lives for those relationships to work well and be healthy, so too must we spend time with our God.

Are we storing up an earthly treasure, or a heavenly treasure? We know that our flesh will die. What will we have to offer Jesus when all the material things have passed away? Let us go to Him, and begin anew our spiritual journey!

Action:

- *Take time each day to be quiet, to get in touch with the Spirit dwelling within you. Reflect on your blessings.*
- *As bad or as difficult as things might seem in our lives, let us entrust everything to God, and see what He does! Trust in the Lord. Give Him everything: all worries, all problems. Do your part, and let Him take care of the rest. Let go of any anxiety.*
- *Pray. Every day. With all your heart!*
- *Follow what Jesus said, “Come to me.” Let us go and sit in front of the tabernacle when church is open, or come early to Mass. Take advantage of Adoration each first Friday afternoon at St. John’s, or at other churches or chapels when available. Spend time with Jesus when you have received Him in Holy Communion.*

“Sacred Heart of Jesus, I place all my trust in you!”