

Peace is...being a disciple of Christ

Hosea 6: 3-6 “...for it is love that I desire...”

Romans 4: 18-25 “...Abraham believed...that what [God] had promised
he was also able to do.”

Matthew 9: 9-13 [Jesus] said to him, “Follow me.”

Reflection:¹ ***What does it mean to be a disciple of Christ? A witness to Christ?***

In our speech: Do we make sarcastic remarks or unkind jokes? Do we gossip? Are we critical of others in the way we talk to or about them? When we speak to others with kindness and gentleness, then we reflect Christ’s love. When we affirm the value of each person in the way we talk to or about them, then we speak like a follower of Christ.

In our thoughts: What is our focus each day? Do we pursue wholesome and holy desires? Do we pray and offer our day to God? Are we mindful of walking our journey with Christ and consulting Him on our decisions? When we detach ourselves from material things and focus on treating others with love and compassion, then we are witnesses to Christ.

In our actions: Do we forgive readily? Are we open to reconciling with those who have hurt us in the past? Do we pray for them? Are we willing to let go of anger and impatience? When we show mercy to others, we reflect Christ’s mercy. When we accept our weaknesses, it is easier for us to accept the weakness of others, thereby increasing our capacity for compassion toward them.

Action: ***We can cause a ‘Christian ripple effect’ by following Christ’s example.***

Eliminate sarcasm and gossip from your speech. Listen without interrupting. Choose words showing that you value others when you talk to or about them. Remember that we all have faults, and Christ loves us in spite of them.

Make choices with others’ good in mind, rather than on acquiring money or things. For example, instead of going shopping for something that you don’t really need ...spend the time playing a game with your children or grandchildren, visit someone who is lonely, help an elderly person do their yardwork, or pray for the needy ...spend the money by making a donation to the Whiting Food Pantry or the Whiting St. Vincent de Paul Society.

Morning Prayer

My Jesus, my Lord, my God, my all, thank you for bringing me to the beginning of a new day. Grant me your help and blessings so that I may use them well. I entrust and offer to you all of my thoughts, words and actions. May they be a prayer of praise to your divine goodness. Grant that all the joys, as well as sorrows which I experience today, bring me closer to you. In union with your sacrifice on the cross, I ask that all these things be a source of grace to all with whom I will be in contact today. Protect me from all sin and danger, and may I be kept close to the Sacred Heart of Jesus, now and forever. Amen.

¹Portions of reflection and action taken from Audio files of Anne, Lay Apostle, 4/08, www.directionforourtimes.com
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