

A Prayerful Reflection—the Fruit of the Holy Spirit is Peace

Lord speak to us

That we may hear your word

Jesus said:

‘Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried or upset; do not be afraid. You heard me say to you, I am leaving, but I will come back to you.’

John 14:27-28

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Something to think about:

- What makes you feel peaceful?
- What stops you feeling peaceful?
- Where do you feel most peaceful ?
- What can you do to help those around you feel peaceful?

The Lord, the Holy Spirit is among us
and will help us every day.

Dear Lord,

There are difficult times in our lives when we don't feel peaceful. Thank you that you have promised to be with us and to give us your peace, so that we will not be troubled or afraid.

Amen