

7 Practices of Spiritual Peace

Phil. 4:4-9

1. Always rejoice in the Lord.
(the world teaches us to rejoice only when the going is good)
2. Practice the presence of the Lord here.
(the world teaches us to imagine Him in heaven)
3. Reject worry about anything.
(the world teaches us it is OK to worry about serious things)
4. Pray thankfully about everything to a God who hears.
(world: thank God when you get it)
5. Choose to think about good things.
(world: think about dirty secrets, shallow distractions)
6. Imitate the apostles' good works.
(the world says imitate the media stars and values of the day)
7. Live the time-tested corporate life of the Church
(world: live by what is exciting and new)

Women's Advent Party, 11/12/13 by Fr. George