

Day 16- Theme: Peace

Opening Prayer: *-Come Lord Jesus and fill me with your peace. You are the Lord of all. You know everything about me. Help me to focus on You during this prayer time. **Jesus, Jesus, Jesus.** Your precious name contains the presence of God. Amen!*

-Say 1 Our Father

Scripture: **"Turn away from evil and do good; seek peace and pursue it."** **Psalm 34:14**

Reflection: What does it mean to be peaceful? True peace is like a boat gently riding the waves of a huge storm. A bird perched on branch blown by fierce winds, a deer grazing in the meadow, or maybe sitting alone in a church simply looking at Jesus on a crucifix. Without peace our hearts and minds run wild pursuing this or that which distracts us from hearing the gentle voice of God. Make time for silence! No games, no music, no tv, no noise. Just enter into silence and God will give you peace.

Saint of the day: **-St. Benedict...**

you loved to be alone in silence where God would speak to you. Pray for me that I may see the importance of peace so that I can hear God speak to my heart. I want to be at peace no matter what kind of day I have. St Benedict please pray for me!

Challenge of the day: ***At some point in your day, take time to be silent for 3-5 minutes.***

Closing Prayer: *Jesus, You are peace and I need your peace! I am so busy doing stuff that I forget to be silent. Give me the strength to walk away from business and into the place of silence and peace.*

Say 3 Hail Mary's.

Amen!

