



Peace, the Marker of Faith

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Spiritual writers tell us that a sure sign of life lived with faith in God is peace, the inner kind of peace that enables you to rest in it with no worry or anxiety. When the risen Lord appears in the midst of the disciples just back from Emmaus and says to them first off, “Peace be with you,” that’s the sort of peace he’s talking about and wishing for them.

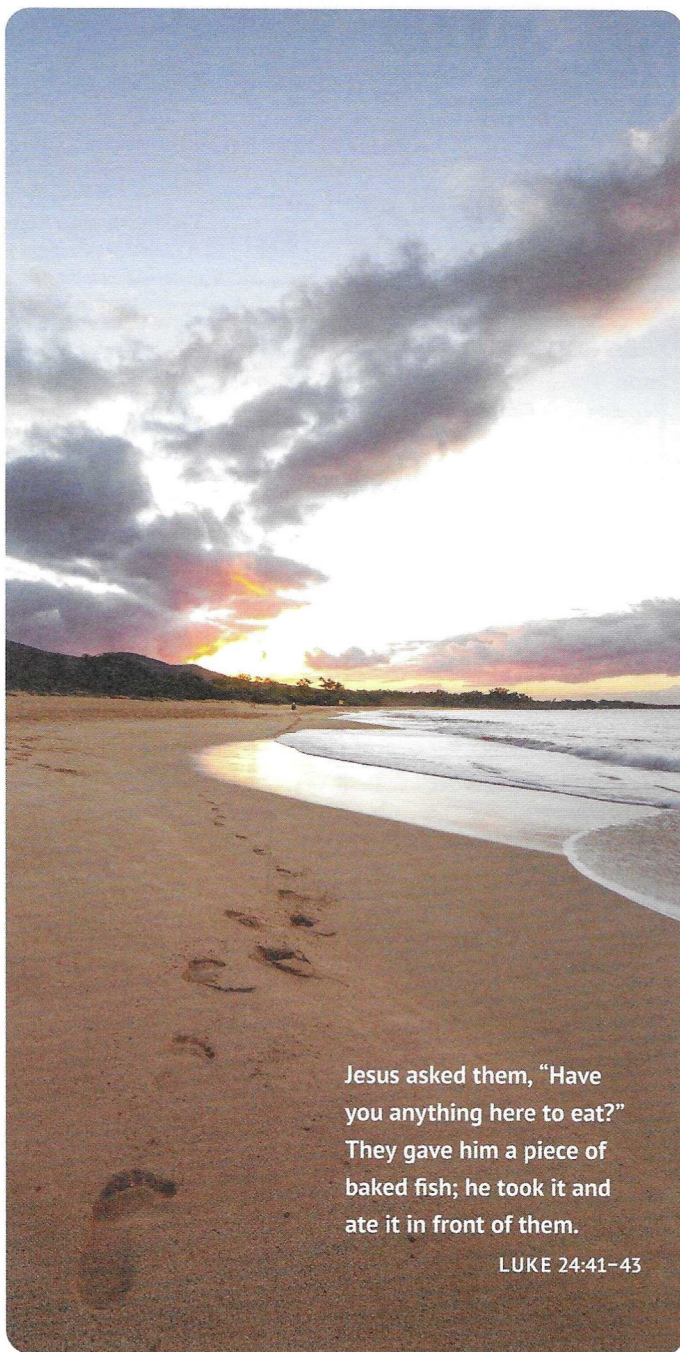
Such peace doesn’t seem to be something easy to come by, something that simply plops into the lap of your soul. More than anything it seems to be the fruit of prayerfulness—sometimes praying the rosary or other traditional prayers and sometimes just simply sitting in the quiet, in the midst of love without having to say any words.

There is something about surrendering to God’s love over the course of many lived days that eventually brings us to that sort of trusting peace.

The thing about such peace is that only you know if it’s genuine. When you feel peace when life turns topsy-turvy, that’s God peace. When life is progressing smoothly, it’s not easy to know if that’s God’s peace or just a life without turbulence. But if you’re at peace when everything else around you is not, that’s when you know it’s the presence of God that has you all wrapped up in worry-free wonder. ●

Reflect

Have you ever felt at peace even when there is conflict or fear?



Jesus asked them, “Have you anything here to eat?” They gave him a piece of baked fish; he took it and ate it in front of them.

LUKE 24:41–43