

Peace



Lord, help me to have peace in you. Amen.

Living Peaceably with All

JUNE 3, 2017

"If it is possible, so far as it depends on you, live peaceably with all."

Romans 12:18

We cannot live alone. We live along amongst other people. Since we are human beings, we should live with other human beings. But people these days seem to live along with machines: Smart TV, Smart Phone and Smart Computer. They do that probably because these machines don't give you headaches and heartaches. Living with other human beings is a challenge. It is not easy at all. But come to think of it, all the good things don't come easily. It is people who hurt us, wound our hearts and make us cry. But it is also people who comfort us, embrace us and make us laugh. People can be our curse but at the same time, people are our blessing.

What we need to do is to turn a curse into a blessing. Living peaceably with all is a way of turning curse into blessing. Of course, we cannot have peace with other people just because we desire to have peace. That's why St. Paul said, "If it is possible, so far as it depends on you,"

Lord, give me a generous heart to be able to live peaceably with all today. Amen.

God Knows Me

JUNE 4, 2017

"O Lord, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away. You search out my path and my lying down, and are acquainted with all my ways. Even before a word is on my tongue, O Lord, you know it completely."

Psalm 139:1-4

You don't feel lonely merely because you are physically alone. You can feel lonely even when you are in the company of others, amidst all the activities and the conversations that take place...

Even though many people can be around me, if I feel that there is no one who really knows me and understands me, I feel lonely.

That's why many people these days feel lonely. People are busy taking care of their own matters. People have no room to pay attention to others, never mind taking care of them. We cannot say that this is anyone's fault. It is simply a phenomenon that we see in this busy world.

The Psalm that we read today is a confession of a lonely person who met God who understood him intimately. God knows my struggles, my pain, my tears and my aching heart. When we meet God who understand us, we can overcome our loneliness.

More so than believing that we know God, it is by knowing that God knows us that we experience true grace and through that grace, we can overcome our own loneliness.

Search me, Lord, for You alone know what is in my heart. Thank you for loving me, even knowing what is in me. Amen.

Being Content

JUNE 6, 2017

"I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. I can do all things through him who strengthens me."

Philippians 4:12, 13

Being content is being fully satisfied without having to have everything you want. Think about a person who has to have everything in the world and a person who does not need to have anything in the world. Who lives the abundant life: the person who lives with a “more than enough” mentality or the person who always lives with “not enough” mentality? Which person lives more abundantly?

Being content creates thankfulness in heart. As this thankfulness flows within you, everything comes alive. All the negative thoughts, complaints and petty criticisms recede from you and you see a bright smile on your face, seeing the brighter side of your life.

In the temptation story, the devil showed Jesus the whole world and asked him to bow to him if he wanted to have it. Jesus simply showed him that he did not need to have the whole world.

Lord, thank you. Help me live day by day being content. Amen.

What Time Is It?

JUNE 11, 2017

"...My time has not yet come, but your time is always here."

John 7:6

Jesus said this when his brothers told him not to be scared to go to Jerusalem and show himself. He told them that there was time for everything. But just working hard and doing everything without reading our time is only foolishness.

There is a time to speak and a time to be silent. There is a time to laugh and a time to cry. There is a time to go forward and a time to go backward. There is a time to pray and a time to live out the answer of our prayer. There is a time to learn and a time to put into action what we learned.

We have to meditate everyday to read what time it is.

Lord, when I pray, show me what time it is. Amen.

Two Trees

JUNE 14, 2017

"For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?"

Matthew 13:44

I wonder whether the treasure hidden in a field is our life. Jesus said life was more precious than the whole world.

My life is not my work. My life is not my money. I can neither create life nor purchase it. Life simply flows within me. When I have life, I find new vitality. Everything within me comes alive.

There are two trees: one alive and the other dead. On the surface, they look the same in the beginning. But in the tree that is alive, there is a strong movement of life. But you do not see that in the dead tree. The tree that is alive will bring out leaves and fruit and the dead tree will become dry and rotten.

Lord, give me life that brings vitality and let it overflow within me.

Amen.

Two Children

JUNE 15, 2017

"For I, the Lord your God, hold your right hand; it is I who say to you,
'Do not fear, I will help you.'"

Isaiah 41:13

Two children are crossing the river with their mother. The current is very strong. One child holds tight the hand of the mother in fear, thinking, "If I lose this hand, I will be swept away by the current." The other child also holds tight the hand of the mother in fear. But at one point this child feels that a hand stronger than his feeble hand is holding him tight.

When we feel that a hand that is stronger than my feeble hand is holding us tight, we see the light in the darkness, the hope in despair and the peace in the midst of fear.

Lord, hold my feeble hand and carry me. Amen.

Two Roads – Part 2

JUNE 19, 2017

"For my thoughts are not your thoughts,
nor are your ways my ways, says the Lord.
For as the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts."

Isaiah 55:8-9

I am thankful that God's thoughts and my thoughts are different.
What I see, what I experience and what I know is not everything of
my life.

Since God's thoughts and my thoughts are different, there is a
mystery of life. Instead of being intimidated by the mystery of life, let
us embrace it and celebrate it.

I don't know what God will show me today. It is good to wake up
every morning to wait with excitement for what God will show me
today.

*Lord, help me enjoy the mystery of life and give me the eyes to see
your awesome and profound world. Amen.*

Be the Light

JUNE 22, 2017

"...but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says, 'Sleeper, awake! Rise from the dead and Christ will shine on you.'"

Ephesians 5:13-14

We are scared of coming to the light because we are exposed. All things within us become exposed. So, we hide behind the darkness.

But today's Scripture says that everything that is exposed becomes light. As we come to the light, we become the light. When we come to the light every morning, our life shines the bright light.

Let us come to the light today.

Lord, shine on me today so that I may awake from my sleep and I may rise from the dead. Amen.

Our Heart

JULY 7, 2017

"But the one who endures to the end will be saved."

Matthew 24:13

Failures in life start from our heart. From our heart, life's big decisions are determined. When we give up in our heart, we are driving ourselves towards failure.

Challenges in life always make our hearts weak and feeble. To achieve what we want in life, we need to learn to control and discipline our heart. If we do not lose our heart, we do not lose our life.

Lord, I give my heart to you. Please give me the calm and peace in my heart so that I may be strong in facing challenges in life. Amen.

Beautiful Life

JULY 8, 2017

"He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit."

John 15:2

Everyone has two parts within them; the part that does not make you bear fruit and the part that makes you bear fruit.

We do not need to feel discouraged and depressed because of that. The desire that wants to bear fruit is the stronger desire. That is the reason why we can build a beautiful life. In God, the desire to build a beautiful life comes alive and becomes stronger.

Lord, please remove the branch that does not bear fruit and prune the branch that bears fruit. I want to live a beautiful life. Amen.

Painful Memories

JULY 10, 2017

"Do not remember the former things, or consider the things of old."

Isaiah 43:18

The important thing is this: to be able at any moment to sacrifice what we are for what we could become.

- Charles Dubos

To start a new beginning, there has to be an end of the old.

Within us, we have painful memories. These memories still haunt us and hurt us. They make us sad, depressed and it is hard to live with these painful memories.

To go forward with our lives, we have to forget what we need to forget, throw away what we need to throw away and cut off what we need to cut off.

God will help us!

*Lord, I have painful memories within me. I leave them in your hands.
Help me so that they do not torment me any longer. Amen.*

Righteousness That Defeats Fear

JULY 31, 2017

"What I feared has come upon me; what I dreaded has happened to me."

Job 3:25

This is the confession of Job after life's disasters came upon him.

This is how the book of Job begins: "In the land of Uz there lived a man whose name was job. This man was blameless and upright." But we can see from his confession that he always lived with fear.

There is righteousness that does not overcome fear and the righteousness that defeats fear. If the focus of our life is on smooth sailing, then fear will never leave us. But if the focus of our life is on God and God alone, then fear will never be able to paralyze us.

Lord, give me the righteousness that focuses on You and You alone.

Amen.

Peace

AUGUST 7, 2017

"And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful."

Colossians 3:15

Peace in our hearts is strength. When we are calm inside, we do not get easily shaken by the turbulence of life. From the calmness, comes the strength, the strength to be grounded.

We come to realize that we get easily shaken by the little things. We get easily angered, distressed, disappointed and discouraged. When we have peace in our hearts, we will be able to have the strength to overcome the challenges of life. Then we can handle the bigger problems in life.

What do we need to do to have the peace of mind? I believe that it starts with a thankful attitude. When we restore the thankfulness within us, the peace will come and settle in our hearts.

Lord, help me to have the thankful attitude towards the things happening in my life. I pray that your peace may fill my heart. Amen.

Violence and Anger

AUGUST 11, 2017

"Then Jesus said to him, 'Put your sword back into its place; for all who take the sword will perish by the sword.'"

Matthew 26:52

This is what Jackie Kennedy wrote to Khrushchev, the leader of the Soviet Union after John F. Kennedy was assassinated. She is referring to the Cuban crisis which John Kennedy helped to diffuse.

“You and he were adversaries, but you were allied in a determination that the world should not be blown up. The danger which troubled my husband was that war might be started not so much by the big men as by the little ones. While big men know the needs for self-control and restraint, little men are sometimes moved more by fear and pride.”

Violence brings more violence. Violence cannot defeat violence itself. Anger brings more anger. Anger cannot defeat anger itself. Violence and anger repeat themselves in a bad cycle.

In the midst of violence and anger, we become blind and get lost in the darkness.

*Lord, help me calm my anger and see the way that you show me.
Amen.*

Not Evil for Evil

AUGUST 23, 2017

"Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all."

Romans 12:17-18

It is not easy to live peaceably with all. Living in peace is not something I can do alone. That's why Apostle Paul says "if it is possible" before he starts his sentence.

It is only possible if the other person wants the same peace. If the other person doesn't want the peace, a peaceful relationship is not possible. However, at the least, on my part, we should try our best to have peace with others.

We shouldn't repay anyone evil for evil. If we do that, then everyone will lose. When the desire to repay evil for evil disappears, many relationships will be saved and restored.

*Lord, allow me a bigger heart even to embrace those who hurt me.
Amen.*

Sweet Fragrance

AUGUST 31, 2017

"See that none of you repays evil for evil, but always seek to do good to one another and to all. Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

1 Thessalonians 5:15-18

We should live rejoicing always, praying without ceasing and giving thanks in all circumstances. In doing so our life will be a sweet fragrance to those around us. Even if we can't do much for them, they will find encouragement and strength through our pleasant presence.

Joy pushes away their darkness, prayer will build them up and being thankful will bring warmth to those around us.

This is a life that always seeks to do good and doesn't repay evil for evil.

Lord, help me to live a life that encourages others. I pray that I may live in peace with others, rejoicing, praying, and giving thanks.

Amen.

Peace and Comfort

SEPTEMBER 1 2017

"Unless the Lord builds the house, those who build it labour in vain.

Unless the Lord guards the city, the guard keeps watch in vain.

It is in vain that you rise up early and go late to rest, eating the bread of
anxious toil;

for he gives sleep to his beloved."

Psalm 27:1-2

There are things that are beyond our control. I cannot even control my
sleep. Our body and mind need to be at peace so that we can sleep
well.

Shaping our life is like that. We cannot shape our life in our rigid
control. When we are at peace with ourselves, things will find their
place and all will be well with our life.

When we are not at peace, we make things complicated and in the
end, we are left with a mess. But when we are at peace with
ourselves, everything becomes simple and things work out for good.

It is God who gives us that peace.

*Lord, grant me your peace. Help me to taste your peace in my quiet
time. Amen.*

Confidence

SEPTEMBER 20, 2017

"‘Let the one who boasts, boast in the Lord.’ For it is not those who commend themselves that are approved, but those whom the Lord commends."

2 Corinthians 10:17-18

Do not consider yourself to have made any spiritual progress, unless you account yourself the least of all men (people).

- Thomas a Kempis, The Imitation of Christ

The desire to boast is in all of us. People do that to confirm their importance or even their sense of existence. So, in their talking, acting or thinking, they tend to lift themselves up and make themselves look better than their true self or the people around them.

However, the greatest sense of our own existence is not granted by others' recognition or approval. It must come from the inside of ourselves. When we experience God's peace within our hearts, we no longer feel the need to prove ourselves. We become comfortable even with our weaknesses. Being comfortable with one's weaknesses is a sign of confidence.

Thank you Lord for loving me despite my failings, and for your grace that lifts me up. Amen.

God Who Keeps Us

OCTOBER 9, 2017

"I lift up my eyes to the hills— from where will my help come? My help comes from the Lord, who made heaven and earth. He will not let your foot be moved; he who keeps you will not slumber. He who keeps Israel will neither slumber nor sleep. The Lord is your keeper; the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time on and for evermore."

Psalm 121

God keeps our going and our coming. When we know that somebody is keeping us safe gives us a tremendous comfort. The reason we fear and worry about our life is because our life is uncertain.

But when we know that there is somebody who always keeps loving eyes on us, we need neither fear nor worry about life. We can have peace. This peace gives us joy and the joy makes us very comfortable.

God who always keeps me safe, thank you. Help me to leave everything in your hands.. Amen.

Life that is Built on God

OCTOBER 10, 2017

"Unless the Lord builds the house, those who build it labour in vain.
Unless the Lord guards the city, the guard keeps watch in vain. It is in
vain that you rise up early and go late to rest, eating the bread of anxious
toil; for he gives sleep to his beloved."

Psalm 127:1-2

When you build your life on sand, it will collapse. All our efforts will
be in vain. We have to build our life on the rock. When we build our
life on God, it will never collapse.

Building our life on God means to trust God alone, nothing else.
Then, we can comfortably sleep. It is a blessing to be able to sleep. It
is a blessing God gives to God's beloved. That is the real peace.

*Lord, thank you for the good sleep. Help me to build my life on you and
enjoy the peace that comes from trusting you. Amen.*

Listening and Speaking

OCTOBER 14, 2017

"You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger. for your anger does not produce God's righteousness."

James 1:19-20

We need wisdom to know when we should be quick and when we should be slow. The Scripture says to be quick to listen, but slow to speak and to anger. But often we do exactly the opposite. Before we even fully process what we hear within us, we just blurt out in reaction. When we say things in quick reaction without internally processing them, they often hurt others.

Lord, help me not to hastily and angrily react to my situations but to carefully listen and gently respond to them. Amen.

Anger

OCTOBER 16, 2017

Be angry but do not sin; do not let the sun go down on your anger,

Ephesians 4:26

Paul said to be angry but do not sin. Does this mean that being angry is not a sin? Then he said, “do not let the sun go down on your anger.”

Anger is our reaction to our situations but if we harbor the anger within us, it will turn into hatred.

We cannot live without getting angry. It is not necessarily a good thing not to get angry at all. Even Jesus was angry when he saw the injustice. But if we harbor the anger within us and let the anger turn into hatred, even trivial things will trigger our anger. Then the anger is no more a reaction caused by our situations but an automatic result caused by our hatred.

Lord, help me not to be overcome by my own anger. Give me the wisdom and strength not to let the anger become hatred within me.
Amen.

Practice of Godliness

OCTOBER 17, 2017

"Have nothing to do with profane myths and old wives' tales. Train yourself in godliness, for, while physical training is of some value, godliness is valuable in every way, holding promise for both the present life and the life to come."

1 Timothy 4:7-8

Godliness does not come naturally. Godliness comes with practice. The practice of godliness is the practice of our consciousness. It is a practice of always being mindful of God.

Everything takes practice. We can never master anything without practice. It's unreasonable to complain about not being good at something without even trying.

If we want our consciousness to be godly, then we need to practice godliness every day. Only then our consciousness will understand godliness.

Lord, give me the strength to practice godliness everyday. May my consciousness be guided by you. Amen.

Scattered Mind

OCTOBER 25, 2017

"Let your eyes look directly forwards, and your gaze be straight before you. Keep straight the path of your feet, and all your ways will be sure. Do not swerve to the right or to the left; turn your foot away from evil."

Proverbs 4:25-27

Our minds are scattered. Therefore, we are unable to see things clearly. At times it feels like there are many people in my mind, all talking at the same time. This is why it's hard to listen clearly to any voice.

When our minds are not focused, we will not be able to keep straight path of our feet and know our ways clearly. Be still and calm our hearts to hear the voice that moves us forward and then look straight ahead and walk.

Lord, there are so many thoughts and voices confusing me. Lord, please take control of my heart and show me once again the path I must follow. Amen

Solitude

OCTOBER 26, 2017

"Be still, and know that I am God!"

Psalm 46:10

"Solitude is the place of purification"

- Martin Buber

Solitude is a very important habit in life. As we practice solitude, we can silence many sounds that distract us. When everything is quiet within me or outside of me, we will become keenly aware of God's presence.

When distracting sound dies, God comes alive. When God come alive in us, our consciousness comes alive. We become awake.

Lord, in the stillness as I lay down everything, come and fill my empty space so that my heart may able to hear your heartbeat. Amen

Not Being Alone

NOVEMBER 12, 2017

"Even though I walk through the darkest valley,

I fear no evil;

for you are with me;

your rod and your staff—

they comfort me."

Psalm 23:4

I have nothing to fear because God is with me. Even when I am alone,
I am not lonely because I am not alone.

Unless we are alone, we will not know that we are not alone. Because
when we are alone, that's when we will meet God.

*Lord, thank you for always being with me. Thank you for coming to
me in my solitude and embracing me. Amen*

Fullness and Peace

NOVEMBER 25, 2017

"For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross."

Colossians 1:19-20

Fullness is about embracing. When we have the fullness, it allows us to embrace many things. Jesus had the fullness and in that fullness, he embraced all people including sinners

Peace is achieved when we are able to embrace those who are different from us. So, peace comes from fullness. When we are full of God's grace, we can be peace-makers.

Lord, fill me with your fullness. I pray that through my life peace may be achieved. Amen

Let us fly towards things that are above

DECEMBER 2, 2017

"So if you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth..."

Colossians 3:1-2

Thinking about and seeking things that are above means living a life that is pursuing higher things. Our life shouldn't just stay the same.

We should be seeking higher things.

There are things that pull us down from behind to prevent us from moving forward. The greatest obstacle is myself. The inability to believe in myself, constantly looking down on myself and pushing myself down, all these things hinder me from going forward.

We have now been raised with Christ. Let us fly towards things that are above!

Lord, thank you for saving me. Grant me the strength like the eagle.

Amen

Death and Life

DECEMBER 3, 2017

"...for you have died, and your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory."

Colossians 3:3-4

When St. Paul said, we have died, he didn't mean a physical death. He meant that something in the past of our lives had come to an end.

Having a new life means that now something new has begun.

One thing has to come to an end for another to begin. There are things within us that bind us: anger, hatred, jealousy, greed, selfishness, laziness, and undesirable habits and so on. Let us put an end to these things. Let us make room within us so that the new life may come alive with new vitality.

Lord, I empty myself. May the new life come alive within me. Amen