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**But the fruit of the Spirit is love,
joy, peace, forbearance, kindness,
goodness, faithfulness, gentleness
and self-control.**

(Gal. 5:22)

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Watch your heart!

Dear friends of go4peace,

Jesus himself had promised his friends to stay with them forever. But with their eyes, they could not see him after his death. No photo camera could have captured Jesus in the picture after his resurrection. And yet it had dawned on his friends that he was alive and with them. This experience had encouraged the frightened Peter to share it in front of many people. This same experience had urged two disciples on the way to Emmaus to return to their friends in Jerusalem that night. This experience was alive and tangible for everyone but couldn't be pinned down. Mary Magdalene had discovered this. "Don't hold me down!" she had heard Jesus say to herself.

Jesus had made himself noticed - for individuals and for small groups. But how might this experience of his presence have been perceptible ? This is what the resurrection narratives speak of. The friends of Jesus felt a real burning sensation in their hearts. They "saw" a supernatural light that gave them clarity and courage. They "touched" him with a deeply felt peace within their soul and in a previously unknown joy. In his letter to the Galatians, Paul calls these impulses, which can be experienced in the heart, "fruits of the Spirit". Such effects of Jesus' presence are also perceptible to you with the "eyes of your heart". Watch your heart!

Tomáš made this discovery: "I had gone to a peace camp in Sarajevo. Every day we lived with a word of Jesus. In the evening we exchanged our experiences with it. In those moments, I always felt a joy that was new to me. Year after year I was looking forward to the next camp and being together with many young people. This gave me strength for my further path. In one conversation, I understood that this deep joy was the trace of the hidden Jesus. He was there. He gives us his joy. I 'saw' him with the eyes of my heart. Since then, the desire to become an expert of Jesus' presence among us has burned in me." – **Watch your heart!**

for the go4peaceTeam

Meinolf Wacker