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Set signs of peace!

My peace I give to you! (John 14:27)

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Dear friends of go4peace,

When someone has hurt us, take three deep breaths, or sleep on it for a night, then the world will look completely different again. That way, I can be sure that I will not carelessly fall into an escalation trap.

Taking a deep breath helps us to calm down and find our own balance again. And somehow I find my way into the breath of God. Suddenly, I can feel the long breath of God - endurance and fortitude -, the Holy Spirit at work in my breath. In such moments he stands by me, is supportive and quietly gives me thoughts and gestures of peace in my heart. And what Jesus promised happens: "Peace I leave with you, my peace I give to you!"

A friend had hurt me with his careless, rash behavior. I struggled to accept his rushed apology on the phone and I ended the call. I felt this injury stirring my soul. In my mind, I began to condemn this friend. That dragged me down even more. I didn't want to be guided by these negative feelings, but they were there. I asked Jesus for help in a prayer. I remembered another friend who had asked me to keep him informed about a conference. In order to do something "out of love" and not get stuck in the negative feelings, I called him. I decided to present the conference, which had not gone very well, in a very objective and benevolent manner and not to say anything exaggerated. A prolonged and brotherly conversation developed. When we said goodbye, I felt real peace in my soul again. – **Set signs of peace!**

for the go4peace team

Meinolf Wacker