

Holy Spirit Habits ~ Finding Peace

“Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.”
- Philippians 4:6-7

Prayer ~ Practicing Gratitude

“Prayer is an aspiration of the heart. It is a simple glance directed toward heaven. It is a cry of gratitude and love in the midst of trial as well as joy.” - St. Therese of Lisieux

The Catechism of the Catholic Church teaches that there are 5 forms of prayer: Adoration, Petition, Intercession, Praise and Thanksgiving. One way to offer prayers of thanksgiving throughout a day is with the practice of gratitude. Practicing gratitude offers us the opportunity to set aside expectation of what we believe should be and instead offer thanksgiving for what is-seeing all as a Gift from God. St. Paul says “ I have learned, in whatever state I am, to be content. I know how to be abased, and I know how to abound: in any and all circumstances I have learned the secret of facing plenty and hunger, abundance and want.” Philippians 4:11b-12.

Let us learn the contentment and peace of St. Paul through the practice of gratitude with a 30 day challenge found in the gathering space of church and here: [HTTPS://WWW.STMATTHEW.NET/WP-CONTENT/UPLOADS/2017/10/30-DAYS.JPG](https://www.stmatthew.net/wp-content/uploads/2017/10/30-DAYS.JPG)

Grace ~ Reconciliation

“Let us place the sacrament of reconciliation at the center once more in such a way that it will enable people to touch the grandeur of God’s mercy with their own hands. For every penitent, it will be a source of true interior peace.”
- Pope Francis

As we approach the end of one liturgical year and the start of another, make time to receive the Sacrament of Reconciliation. Open your heart to the grace of this sacrament that strengthens us spiritually and physically for our everyday lives. God desires the opportunity to pour out His Grace upon you, fully restoring your relationship with Him. Jesus is waiting to offer healing and mercy, to wipe away guilt and bring peace. In St. Faustina’s diary, *Divine Mercy in My Soul*, Our Lord encourages her to come to confession in this way “Tell me about everything, be sincere in dealing with Me, reveal all the wounds of your heart. I will heal them...”

Tune into Fr Michael Schmitz’s his perspective on Making a good Confession:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=GCMUMPSRWB E](https://www.youtube.com/watch?v=GCMUMPSRWB E)

Community ~ Reverencing the Gospel

“Opting for peace does not mean a passive acquiescence to evil or compromise of principle. It demands an active struggle against hatred, oppression and disunity but not by using methods of violence. Building peace requires creative and courageous action.” – St. John Paul II

Call to mind the gesture of the triple cross signed on our forehead, lips and heart as we say “Glory to you, O Lord.” In this, we are asking the Lord to bless our minds and our hearts that they will be open to hear the Gospel, so we might proclaim through our lips the good news of Jesus to all the world. Gospel means “good news.” It’s a wonderful tradition to remind ourselves that the words of the Gospel — which are about the life, death and resurrection of Jesus — have the power to transform our lives.

So, the next time you hear the Gospel proclaimed, how might God want to change your life through these powerful words.

Service ~ 12 Things that can bring Peace to your Home

“If we have no peace, it is because we have forgotten that we belong to each other.” – St. Teresa of Calcutta

1. Speak kindly
2. Gather regularly
3. Laugh readily
4. Work cheerfully
5. Give generously
6. Apologize humbly
7. Forgive quickly
8. Hug freely
9. Pray frequently
10. Stand firmly
11. Cheer loudly
12. Love genuinely