



**Jesus said.....**

**"Put your sword back into its place; for those who live by the sword, die by the sword."**

**Jesus said.....**

**"Blessed are the peacemakers, for they shall be called Sons of God."**

**Jesus said.....**

**"Love your enemies, do good to those who hate you, and pray for those who abuse you."**

When Jesus rose from the dead and appeared to his disciples, his first words were "Peace be with you." All throughout his life Jesus had encouraged people to live in peace. He told us to love our enemies, to treat people as we would like to be treated, and to turn the other cheek if someone hit us. After suffering a shockingly violent death Jesus did not want revenge. He simply wanted people to live peacefully. This message still applies two thousand years later. Instead of being angry and wanting revenge we should work hard to forgive people who hurt us and not use violence in our words or actions. We should look for the good in others and focus on what we have in common rather than what divides us.

This prayer was written by Pope John Paul II

*Lord, you who are called Prince of Peace, grant us peace.  
Make all of us witnesses of truth, justice and love.  
Eliminate from our hearts whatever might endanger peace.  
May all people on earth become as brothers and sisters.  
May longed-for peace blossom forth and reign always over us all.*

*Amen.*



**PEACE** 



Peace begins with a smile.  
- Mother Teresa

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.



Grace to you  
and peace  
from God our Father  
and the  
Lord Jesus Christ.  
Philemon 13

## Reflection

In our lives we do not always choose the way of peace. We often spread gossip about others which fans the flame of hatred. We don't worry about hurting the feelings of others or living as instruments of peace.

Throughout the ages there have been many quotes about peace and how important being at peace with yourself and one another is.

There have been many famous figures who have preached peace because they know that to have a healthy mind and a good life you have to have peace within yourself as well as promoting peace.

Jesus left some words with His disciples "Peace I give you, my peace I leave you". Let us approach the people we meet with these words in our heart and in our actions. It is then that we will truly live as Jesus wants us to.

