

An Invitation to Peace



NATIONAL
**Eucharistic
Revival**

Even though the sun sets within ten minutes of leaving work in December, the sunset fills my nearby church with the most ethereal glow. The warmth of the church envelops me as I genuflect and kneel in the pew, my mind racing over my day in the silence.



A while ago, I decided I would stop at the Catholic church off my street after work every day for a week. Months later, I am still challenged to embrace silence in the presence of the Lord. Yet it's comforting to know that even the greatest saints knew this struggle. Saint John Paul II articulated it perfectly: "In order to do, we must first learn 'to be'... in the sweet company of Jesus in Adoration."

Once I began the search for the Eucharistic Prince of Peace each day, my world calmed in surprising ways. The headlines in my inbox every day became instances to intercede for others I would never meet. Hard conversations evolved into humble moments of honest conversation with God. I even noticed I would ache to sit with Jesus in the tabernacle at the end of the day.

The Lord means it when he says to us in the Gospel of Matthew, "Come to me, all who are weary and burdened, and I shall give you rest" ([Mt 11:28](#)). If we give God the chance to ease our burdens, he provides what we need. And that includes peace in our ever-chaotic world and our aching hearts.

Jesus calms the seas with a word in the Gospels; he frees us from our shackles and our worries. He reminds us that we have no need for worry: "do not be afraid, for you are worth more than many sparrows" ([Mt 10:31](#)).

So, take heart this Christmas season! The Prince of Peace invites you to sit with him and receive. As you pray for world peace, you are also called to cultivate it in your own heart. How beautiful it is that, when you rest in Peace himself, your prayers for peace in your family, your nation, and your world mean all the more.

Colleen Schena is a writer at Relevant Radio with a passion for the stories of disciples moved to action by the Eucharist.