

REFLECTIONS ON 1 THESSALONIANS

PEACE...

"Peace I leave with you; my peace I give you. I do not give to you as the world gives." John 14:27

Strangely enough, I am usually more aware of my unpeaceful moments than I am of the peaceful ones.

It also should be obvious that the focus of my awareness is not terribly productive.

The focus of this book is PEACE. We would probably think that this would be a treatise on "how to get it." The message, however is more "how to realize and be aware of the continual presence of peace."

Why is peace so important. It seems like a no-brainer because we all want it—it feels good, but there is an even deeper layer of importance:

(v 5 - 10) 1It is through peace that I come into your mind, and so it is through peace that you come to Me there. 2Welcome Me there in peace, with joy and gratitude. 3For I come upon you to remind you of That Which you Are. 4I have no other purpose. 5To know Me and peace, put no other purpose before Me.

6It is through peace that I am known, and it is through Me that peace is welcomed. 7Therefore, to know peace in any moment is to know your Self within your heart. (p. 363-64)

I have to be aware of Peace in order for its presence to influence me. We wake up; we sleep; we are aware; we are unaware.

There are times when I "wake up" and become aware again that I beat myself up for falling asleep. Talk about counterproductive!

8Take care to be grateful for every moment of peace that comes to greet you, and it is moments of peace that you shall continue to know. (pp. 363-364)

Whenever you notice a sense of peacefulness, be grateful. How simple; how profound.

What do we do when we recognize unpeacefulness?

(v 1 – 5) 1Lack of peace in any measure is an opportunity to be healed. 2To look at the intrusion and to focus on it as a failure is to continue to hold onto error. 3Do not judge your own lack of peace. 4Rejoice that the Holy Spirit has brought you to another moment of healing.

And:

3May you know gratitude without searching for judgment. 4May you know joy in the innocence of the moment, which was given you in Love by God. 5Each moment of peace is a gift. 6Accept it as it is given, and you give the gift that has also been given to you.

p. 365)

We are guided again away from judgment and towards Truth:

7Do not judge yourself when you feel sadness or fear over death.

8Always be gentle with yourself, and accept your emotions in peace.

9But also be willing to remember that the emotions you experience are the effects of forgetfulness, and what you have forgotten is truth. 10As you rest yourself in quiet, seek the memory of truth. 11It shall be restored to you. 12In its restoration, all sadness and fear shall gently be replaced by peace and a quiet trust in God as all that truly is. (p. 367)

4Peace is the path of remembering. 5Lack of peace is evidence that you have momentarily strayed from your path. 6Therefore, it is a reminder to put forgetfulness aside and to step joyously on the path of peace again. (p. 368)

There will come a time when we will simply KNOW PEACE because that is who you are.