

‘I Am With You Always’ – Scripture Thought For The Week

The following resource provides a scripture affirmation and reflection with a simple ritual and concluding song. Settle the community before using them. When they are settled, light a candle and display the Word of God. It is intended that the scripture affirmation be read twice with a brief pause between.

The reflection which follows it should be read slowly. If desired, the scripture affirmation and reflection, and/or the song, can be accompanied with PowerPoint images. (See www.liturgyplanningimages.com)

Depending on the atmosphere of the assembly setting and the readiness of the group, the ritual could be used after the reflection. If it is inappropriate to use the ritual after the scripture reflection then simply allow a period of silent reflection and conclude with the song or hymn. However, if it is appropriate to use the ritual, then ensure it is facilitated in a meditative manner, noting the use of pauses which are indicated by dots ... It may be helpful to use quiet instrumental music as background to the ritual.

The Word Of God

“Blessed are the peace makers...” Matthew 5:9

Reflection

What does it mean to be “Blessed”? It means that God’s life is shining in you and that God is delighted with the good things that are happening in you. People who work for peace, in their families, or with their friends, or in their country, or in the world, are truly blessed in God’s eyes. These peace makers are usually close to God’s heart because that is where real peace is found; in the heart of God. Peace makers are blessed, because the courage and selfless love it takes to bring about true peace makes them more open to the Spirit of God. Genuine peace makers are blessed because the only way you can really make peace, or bring about peace with others, is by first making peace with yourself, in your own heart.

Ritual

Let yourself rest in quiet and stillness... Close your eyes and be aware of what you are feeling... Notice whatever it is in you that disturbs you or blocks the flow of peace in you... Now become aware of your breathing...as you breathe in, imagine God’s peace filling your heart like a gentle stream..., and as you breathe out, imagine all the feelings that block God’s peace being washed out of you...stay with this, simply breathing in and out, and let God bless you with God’s own peace.

Remember

The peace of God is in your heart.

Concluding Song

Peace Prayer (John Foley – Gather Australia)

Please note:

The music suggested in this resource is from Australian hymn books and other international publications. You may prefer to substitute some of the music with suitable music from Irish composers and publications.