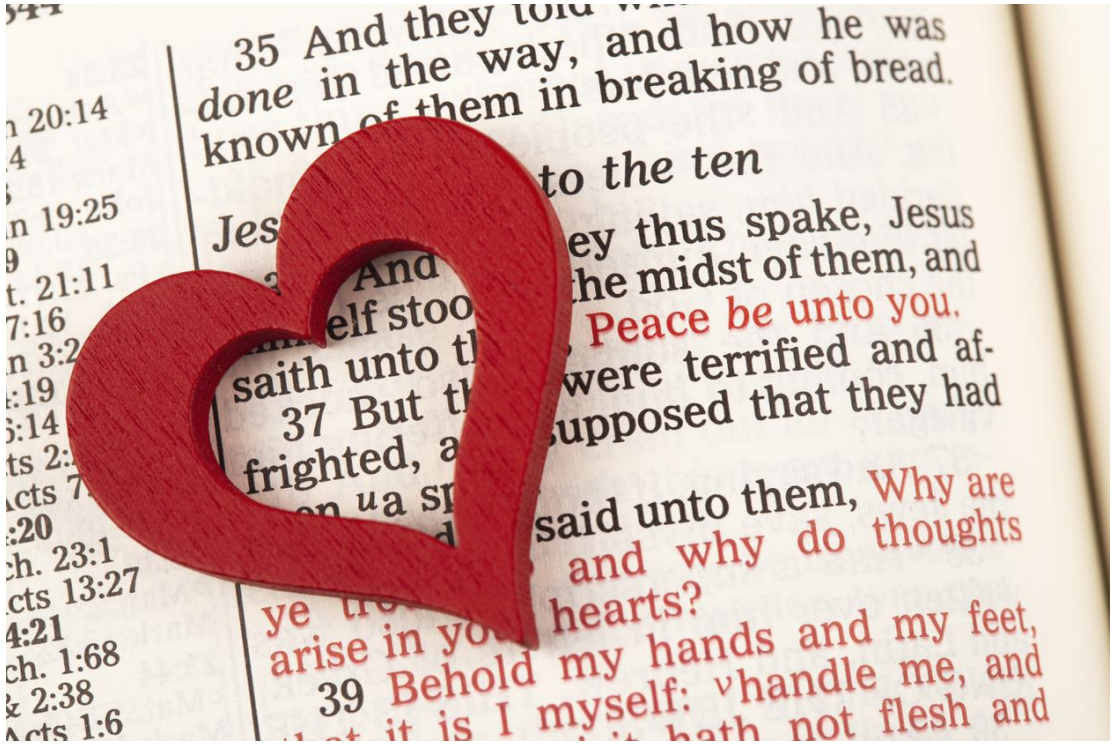
Catholic Education:

BECOMING ARTISANS *of* PEACE

"Blessed are the peacemakers, for they will be called children of God."
(Matthew 5:9)



Prayer and Activity

Peace Within

Peace Within

“Peace, I leave with you;
my peace I give you.
I do not give to you as the
world gives.
Do not let your hearts be
troubled and do not be afraid.”
- John 14:27

Peace Prayer

Lord, make me an instrument of Your peace.
Where there is noise within me, bring Your quiet.
Where there is doubt, bring faith.
Help me guard my internal peace so I can bring calm to others.
Amen.

Activity – Examen & Guided Journaling

1. Where did I feel God’s peace today?
2. What moment made me lose my inner peace (stress, anger, worry)?
3. How can I invite Jesus into that moment tomorrow?