

The Mystery of Peace

By Debbie Byrd Smith

Peace.

Everyone wants it.

We spend our lives seeking it. Countless miles, hours and dollars are spent in an attempt to find it and yet, our crazy world seems to have less of it every day. It remains a mystery.

What is it? Where is it? We try to spend our way, eat our way or drink our way into it. We chase after it as if it's a place: a Shangri-La that can be found, and yet, pleasure and money don't bring it to our door.

Saint Paul talked about peace. He said the peace of God will keep our hearts and minds. He said it's a peace that can't be understood.

The road to peace does have some clues strung along the way. We want "peace and quiet," and ask for "peace of mind."

It IS a mystery, and as in every great mystery we search for the solution. There MUST be an answer. And there is.

Where is it? How do we find it?

The answer is so simple, so obvious, that it's sometimes embarrassing to admit.

Peace is an inside job.

THIS is the beauty of the Benedictine Way! Peace is right here, inside us, just waiting to be mined like treasure. When we are unburdened with worldly distractions the Holy Spirit softens our hearts and the virtues we seek can surface and guide our lives.

The silence we find in our times of prayer stills our minds to allow God to show us the way. Our minds and souls are illuminated and enlighten us to the ways of growing closer to Christ, and ultimately achieve the unification of our souls and wills to the heart and will of God. This unification is a mystery. We seek and find

it through prayer and holy reading, but ultimately it is the mysterious work of the Holy Spirit that graces us with this most wonderful union with God.

The Rule supplies us with the practical tools to order our lives in the will of God and give us the space in our souls to store it. Our time spent in *lectio divina* (divine reading) gives God the opportunity to teach us how our days and ultimately our lives are to be spent.

Yes, peace is a place and it exists in our souls. This is where God lives in us, and HE IS peace. We can find Him there if we seek Him.

Debbie's Blog is at
<https://byrdology.net>