

**“BLESSED ARE YOU
AMONG WOMEN”**

Luke 1:28



THE BLESSEDNESS OF THE PEACE OF HEART



HIGHLIGHTS

1. The graces of a peaceful heart
2. Striving to attain it



THE GRACES OF A PEACEFUL HEART (1)

1. Acquiring the peace of the heart allows the person to turn into a temple of God who is the King of Peace.

❖ Solomon building the house,
not David



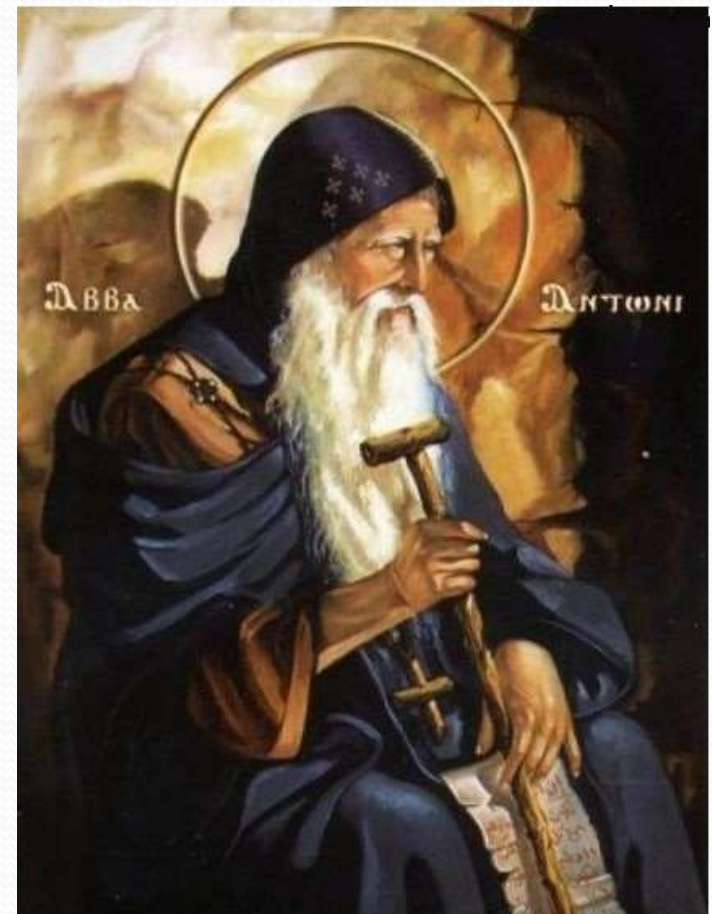
THE GRACES OF A PEACEFUL HEART (2)

2. The peace of the heart is the way to the right thinking.
3. We will only know the way to pure prayers when we know how to master the task of guarding our inner peace.



THE GRACES OF A PEACEFUL HEART (3)

4. “Acquire the Spirit of Peace and a thousand souls around you will be saved.” --Seraphim of Sarov
5. When the soul is peaceful, the enemy has no access to it. It’s the way to achieve victory in the spiritual warfare.



STRIVING TO ATTAIN IT ⁽¹⁾

1. The main foundation of the peace of heart is humility
(The Sacrament of Confession)
2. Don't follow your own will, mind, taste, or feelings. When the Spirit of God leads us, only then will we know the Peace of Heart.



STRIVING TO ATTAIN IT ⁽²⁾

3. The continuous watchfulness over the mind and the thoughts. Be especially aware of the thoughts that are wolves coming in sheep's clothing.
4. Keep your outer senses in order. Value the time of solitude and spiritual retreats



STRIVING TO ATTAIN IT ⁽³⁾

5. Struggle to love and live in peace with everyone.
6. Keep your conscience unstained.
7. Accustom yourself to bear all unpleasantness without trouble.
(the story of the old monk and his disciple who cooked something bitter for him)



STRIVING TO ATTAIN IT ⁽⁴⁾

8. The Peace of heart is disturbed by passion. Every effort should be spent to fight against them.
9. Patience is key. No house is built in a day.

