

PARISH NURSE CORNER

Four Ways To Find More Peace



When the things we are trying to achieve on earth conflict with that which is necessary for eternal life with God, we lose the calming, soothing peace Christ wants to give us.

Unless we move back into harmony with God's will, we have no hope to regain that peace. Try these tips for a more peaceful life.

1. **DON'T SET YOUR HEART ON ANYTHING SPECIFIC.**

Pursuing goals like wealth or personal acclaim without first seeking God's will leads to frustration and resentment. There's no peace in going against God's will. Instead, be open and place all your hopes, plans, and efforts at God's feet. Let him decide what's best.

2. **BE KIND AND GENTLE.**

Resentment, anger, and frustration rob you of peace. Whenever you can, be gentle and considerate of your neighbor. Remember, Jesus was "meek and humble of heart" (Matthew 11:29).

3. **LEARN TO LIVE WITH WHAT YOU CANNOT CONTROL.**

When you let God help you rise above such things, you'll have the peace acceptance brings.

4. **CONSULT YOUR FAITH COMMUNITY FOR ANSWERS.**

It isn't always easy for us to discern God's will, so Jesus created The Church. When in doubt, turn to Scripture, or a trusted minister, priest or religious leader for advice. After all, helping us to achieve Heaven is exactly what they're here for!

God's most abundant blessings on your summer!

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