

Lenten Study 2024: Searching for and Maintaining Peace by Father Jacques Philippe

Week 1: vii-p 7; Week 2: Section 1.2–1.7 (p7-20); Week 3: Section 2.1-2.8 (p20-45); Week 4: Section 2.9-2.18 (p2.8-2.18)

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Welcome to the Lenten Book Study

Introductions / Ice Breaker (10 mins)

Relaxation exercise (10 mins)

Contemplate: (5 min)

After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. 1 Kings 19: 12

Discuss:

Father Jacques Phillippe writes that “to permit the grace of God to act in us and to produce in use all those good works...it is of the greatest importance that we strive to acquire and maintain an interior peace, the peace of our hearts.”

1. Do you agree or disagree that interior peace is fundamental to the practice of Christianity?
2. What behaviors and habits does a person with interior peace display?
3. Imagine yourself accepting your powerlessness with 100% confidence and allowing God to freely operate in every aspect of your life. What possibilities begin to reveal themselves in that image?
4. What is one step you can take during this Lenten season to cultivate peace?

Think about:

p103: St. Francois-Marie-Jacob Liberman –“One of the principle obstacles one encounters on the way to perfection is the precipitous and impatient desire to progress and to possess those virtues that we feel we don’t have. On the contrary, the true means of solidly advancing, and with giant steps, is to be patient and to calm and pacify these anxieties.”

- We perceive progress as a measure of our perfection and acquisition of virtue as our worthiness of His love
- But progress is made by submitting to the Holy Spirit
- During creation, God turned nothingness into beauty; “He likes to work with nothingness.” p104

Journal:

What is something that tends to threaten your interior peace?

What is something you can do today to permit the grace of God to operate more freely in your life?

When you hear John 15:5 “apart from me you can do nothing.” what are your initial thoughts?