

J U S T A M I N U T E

meditations for

inner
peace



Kathryn J. Hermes, FSP

Meditations for
Inner Peace

J U S T A M I N U T E

Meditations for
Inner Peace

By Kathryn J. Hermes, FSP



Pauline
BOOKS & MEDIA
Boston

Library of Congress Cataloging-in-Publication Data

Names: Hermes, Kathryn, author.

Title: Meditations for inner peace / by Kathryn J. Hermes, FSP.

Description: Boston, MA : Pauline Books & Media, 2018. | "This book has been excerpted from *Cherished by the Lord* (Pauline Books & Media, 2012)."

Identifiers: LCCN 2018021773 | ISBN 9780819849823 (pbk.) | ISBN 0819849820

Subjects: LCSH: Bible--Meditations.

Classification: LCC BS491.5 .H46 2018 | DDC 242/.2--dc23

LC record available at <https://lcn.loc.gov/2018021773>

Unless otherwise noted, the Scripture quotations contained herein are from the *New Revised Standard Version Bible: Catholic Edition*, copyright © 1989, 1993, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

Other Scripture texts in this work are taken from the *New American Bible, Revised Edition* © 2010, 1991, 1986, 1970, Confraternity of Christian Doctrine, Washington, D.C., and are used by permission of the copyright owner. All Rights Reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

This book has been excerpted from *Cherished by the Lord* (Pauline Books & Media, 2012).

Cover design by Rosana Usselmann

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

"P" and PAULINE are registered trademarks of the Daughters of St. Paul.

Copyright © 2018, Daughters of St. Paul

Published by Pauline Books & Media, 50 Saint Pauls Avenue, Boston, MA 02130-3491. www.pauline.org

Printed in the U.S.A.

Pauline Books & Media is the publishing house of the Daughters of St. Paul, an international congregation of women religious serving the Church with the communications media.

Introduction

Has anyone ever smiled at you so radiantly that you felt they were saying, “I’m *delighted* you are here!”? At least once in a lifetime we each should receive that gift! When someone says to us that they are glad we exist, our heart leaps and we feel at home. Because we rarely receive the message that such a smile brings, we suffer. We conclude that no one really wants us as a friend or considers us of value. Life’s trials, temptations, and tragedies threaten to rob us of our inner peace and to drown us in darkness.

God has smiled upon us since creation. These meditations are a simple support to help you lift your eyes to the face of the One who loves you more than you could ever imagine. As you pray with them day after day, you will discover how God wants you to be content, as content as a baby in its mother’s arms. Each meditation is carefully chosen to amaze you with what God has done for you in his gracious and marvelous act of redemption.

So here is an easy method of reading these meditations that I use. It will unlock in your heart the courage to believe in God's desire to save and bless you in all things:

1. God will lead you to be interested in certain meditations. Go wherever God leads you. You don't have to read these in order unless you'd like to.
2. Before you read, stop and remember a moment when someone delighted in having you around. Tell God how grateful you are for that gift of love.
3. Begin to read the meditation. Relish what you read. Notice the words and phrases that seem to light a fire that warms your heart. Enjoy the safety and beauty of that moment.
4. Talk to God about what is burdening you right now. Then reread the words of Scripture in the meditation, hearing them as if God were speaking to you by name. Even place your name right in the passage and imagine God speaking these words to you directly. Notice what it is like and tell God how grateful you are.

My desire for you is that you will bask in God's gaze as it rests upon you, that you will find calm and quiet for your soul, and will be content as a small child to sleep in his care for you.

Do Not Be Troubled

“Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.” Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way, and the truth, and the life.”

JN 14:1–6



Divine revelation manifests God’s glory. Jesus discloses to us the Father’s glory and we are entranced by what we see: his goodness, his wisdom, his healing love. When we enter into the story of Jesus, it absorbs us and we come to know the God who is love revealed in Jesus his Son. The Holy

Spirit, sent by Jesus, blows through salvation history, making the life, death, and resurrection of Jesus alive in each age of the Church. Through the Spirit, Jesus reveals to each of us today the utter truth of God's glory. In doing so he reveals to us our own glory. He is the way to become good, as God is good, not through our own efforts but because God sent his Son to do what we could not. Jesus alone can stand before God as good, because he became flesh and died for us. Incorporated into Jesus through Baptism, we become sons and daughters of the Father, fountain of life and love. In and through Jesus, we stand before the Father as good.

Jesus, Master, Way, Truth, and Life, draw my heart to the true, the good, and the beautiful, that I might be taken up into the greatness of your Father's plan which wildly exceeds all I could dream or imagine.

An Extraordinary Mercy

Sing to the LORD a new song,
his praise in the assembly of the faithful.
Let Israel be glad in its maker,
the people of Zion rejoice in their king.
Let them praise his name in dance,
make music with tambourine and lyre.
For the LORD takes delight in his people,
honors the poor with victory.

Ps 149:1–4 (NABRE)



God loves us as if we were the center of his universe! We who have died and risen with Christ, we in whom the Son abides, we for whom Jesus answered to his Father with his life and with his death—we are the object of God’s delight. We are chosen by God. Jesus spent his thirty-three years of life serving our needs with his own hands, wiping up our mess with his own blood, opening our future with his own death. God makes the impossible, possible; the unbelievable, reality.

What is unlovable will melt in his hands. What is ostentatious will thrill to be a cascade of lilies in a blooming field, clothed only with the brilliance God gives them. What is afraid will stand with the certainty of the resurrection. We shy away from grandeur and expectations, but we are drawn with confidence by this extraordinary mercy that will delight us eternally.

O Love! You wash my feet and tend to my vulnerability every day! Give me eyes to see you.

Undeserved Blessings

“For the kingdom of heaven is like a landowner who went out early in the morning to hire laborers for his vineyard. After agreeing with the laborers for the usual daily wage, he sent them into his vineyard. . . . When those hired about five o’clock came, each of them received the usual daily wage. Now when the first came, they thought they would receive more; but each of them also received the usual daily wage. And when they received it, they grumbled against the landowner. . . . But he replied to one of them, ‘Friend, I am doing you no wrong; did you not agree with me for the usual daily wage? . . . Or are you envious because I am generous?’”

MT 20:1–2, 9–11, 13, 15



In your Christian life, what do you consider your “daily wage”? Someone once asked what we would do if we met Hitler in heaven. The person next to me answered immediately, “He won’t be in heaven! He can’t be. I’ve been good my whole life, he shouldn’t get the same reward as I get!” We don’t know if

Hitler repented or not. The Gospel teaches that we must repent of our sins in order to be saved. The way we live our life matters! But this person saw heaven as the “wages” she would receive after doing good to others and keeping the commandments. She was entitled to heaven. She had a certain point, because Scripture also says, “For God is not unjust; he will not overlook your work and the love that you showed for his sake in serving the saints” (Heb 6:10). But our ability to gain that reward is itself a gift of God. This parable strikes to the heart of being Christian in today’s culture of entitlement. We are owed nothing. It is a privilege that we know the commandments and have experienced the joy of being and doing for others in the spirit of Christ. In this parable, the grumbling workers miss the point entirely. Their attitude is, “God *owes* me.” Jesus was teaching them to realize instead, “God *loves* me.” In the ecstasy of that love they need do nothing but rejoice that others are given a share in it, even if they have done little or nothing to deserve it.

Jesus, help me to rejoice when others are blessed undeservedly. Help me know that I have been blessed undeservedly. Change my heart!