



HOW TO ATTAIN PEACE IN TIMES OF CRISIS

Fr Joseph Tham, LC
4 JUNE 2020
7:00-8:30 pm
Duns Scotus Bible Centre

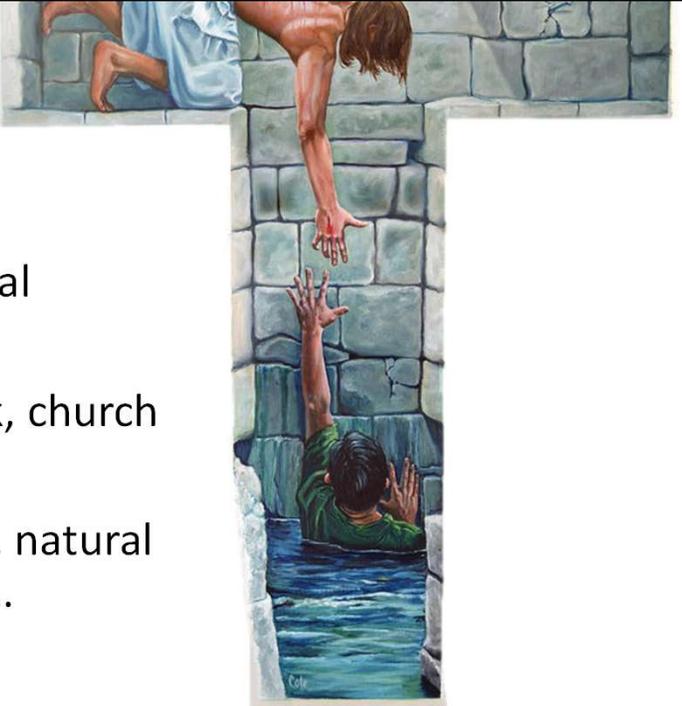


Regnum Christi
Hong Kong

1

Crises

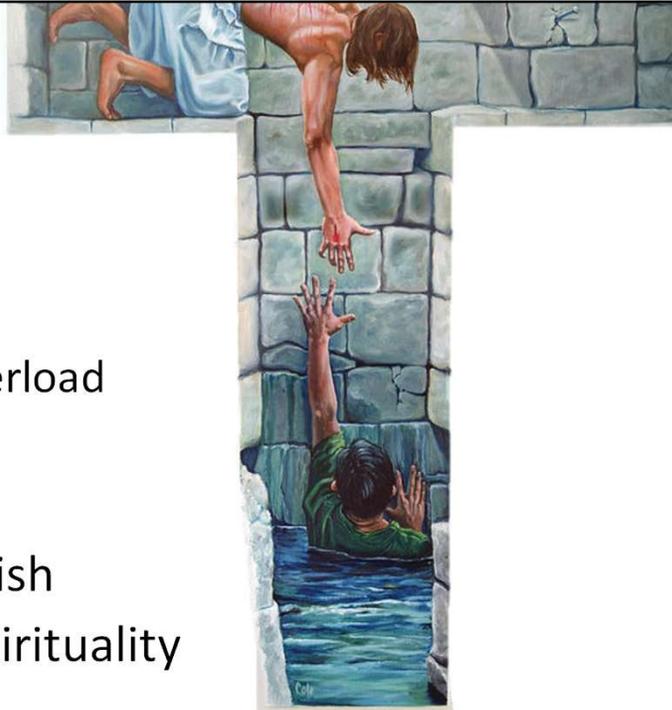
- Personal
 - physical, mental, moral
- Relational
 - family, relatives, work, church
- Situational
 - political, institutional, natural disasters, accidents...



2

Crises

- Stress
- No control
 - Technology
 - Information overload
 - Future...
- Defined by work
- Hopes and anguish
- Psychology vs spirituality



3



The pandemic of Coronavirus has abruptly roused us from the greatest danger individuals and humanity have always been susceptible to: **the delusion of omnipotence.**

It took merely the smallest and most formless element of nature, a virus, to remind us that we are mortal, that military power and technology are not sufficient to save us.

4

Peace

John 14:27

I'm leaving you at peace. I'm giving you my own peace. I'm not giving it to you as the world gives. So don't let your hearts be troubled, and don't be afraid.

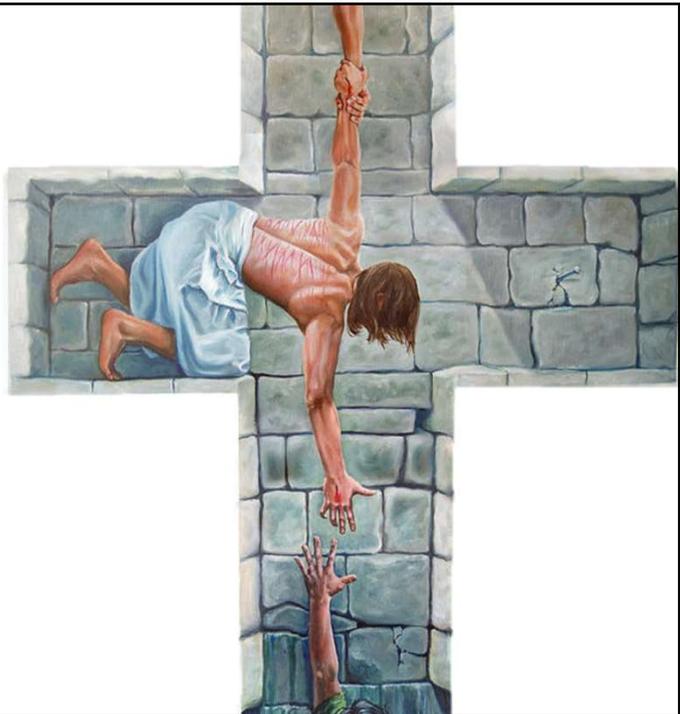


5

Peace

John 16:33

In this world you will have trouble. But take heart! I have overcome the world.



6

Peace

Matthew 11:28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

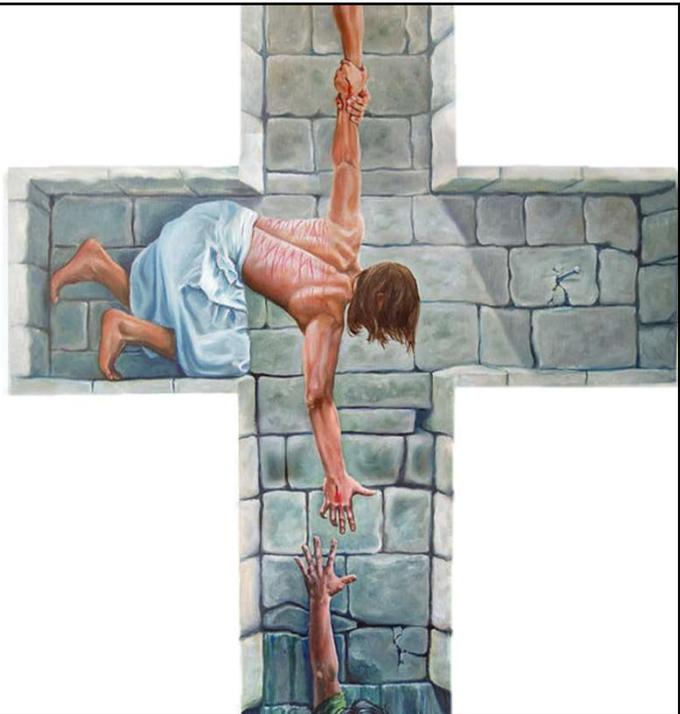


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Peace

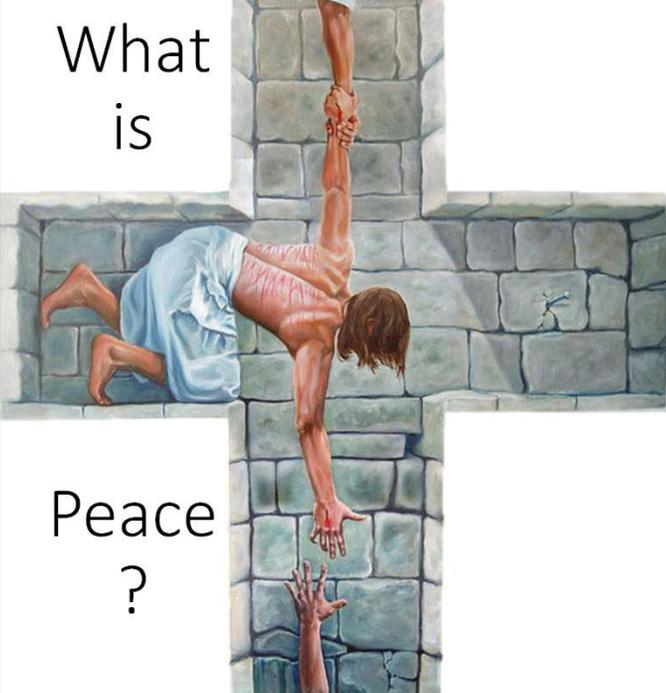
Ephesians 2:14

For it is he who is our peace. Through his mortality he made both groups one by tearing down the wall of hostility that divided them.



8

What
is



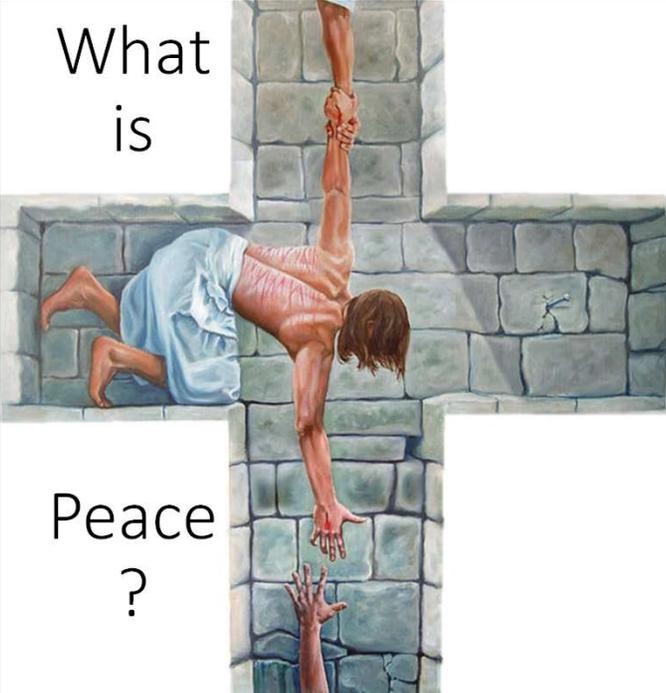
Peace
?

Catechism of the Catholic Church

2304 Respect for and development of human life require peace. **Peace is not merely the absence of war**, and it is not limited to maintaining a balance of powers between adversaries. Peace cannot be attained on earth without safeguarding the goods of persons, free communication among men, respect for the dignity of persons and peoples, and the assiduous practice of fraternity. **Peace is "the tranquility of order."** Peace is the work of justice and the effect of charity.

9

What
is



Peace
?

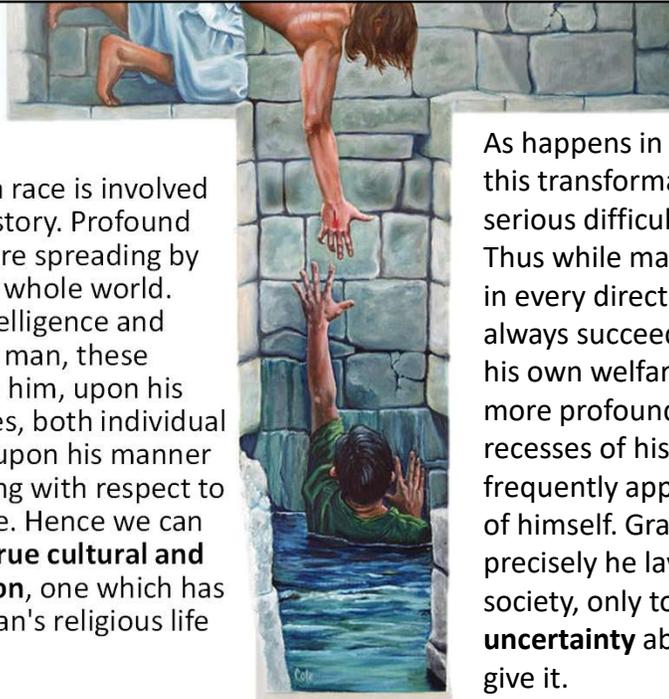
CCC2305 Earthly peace is the image and fruit of the peace of Christ, the messianic "Prince of Peace." By the blood of his Cross, "in his own person he killed the hostility," he reconciled men with God and made his Church the sacrament of the unity of the human race and of its union with God. "He is our peace." He has declared: "Blessed are the peacemakers."

10

Hope

GAUDIUM ET SPES

4. Today, the human race is involved in a new stage of history. Profound and rapid changes are spreading by degrees around the whole world. Triggered by the intelligence and creative energies of man, these changes recoil upon him, upon his decisions and desires, both individual and collective, and upon his manner of thinking and acting with respect to things and to people. Hence we can already speak of a **true cultural and social transformation**, one which has repercussions on man's religious life as well.

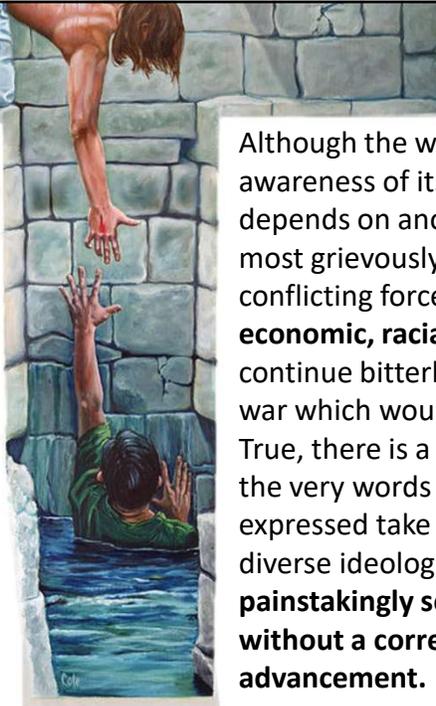


As happens in any crisis of growth, this transformation has brought serious difficulties in its wake. Thus while man extends his power in every direction, he does not always succeed in subjecting it to his own welfare. Striving to probe more profoundly into the deeper recesses of his own mind, he frequently appears more unsure of himself. Gradually and more precisely he lays bare the laws of society, only to be paralyzed by **uncertainty** about the direction to give it.

11

Joy

Never has the human race **enjoyed such an abundance** of wealth, resources and economic power, and yet a huge proportion of the world's citizens are still tormented by hunger and poverty, while countless numbers suffer from total illiteracy. Never before has man had so keen an understanding of **freedom**, yet at the same time new forms of social and psychological **slavery** make their appearance.

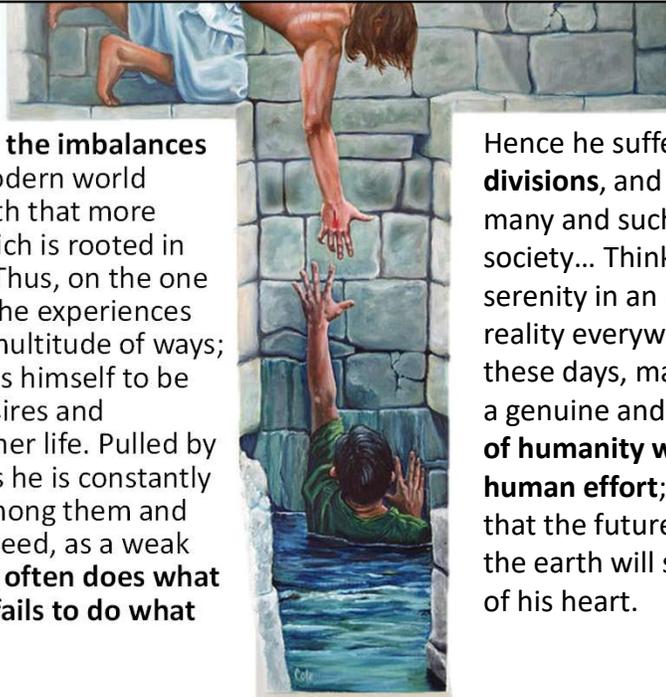


Although the world of today has a very vivid awareness of its unity and of how one man depends on another in needful solidarity, it is most grievously torn into opposing camps by conflicting forces. For **political, social, economic, racial and ideological disputes** still continue bitterly, and with them the peril of a war which would reduce everything to ashes. True, there is a growing exchange of ideas, but the very words by which key concepts are expressed take on quite different meanings in diverse ideological systems. Finally, man **painstakingly searches for a better world, without a corresponding spiritual advancement.**

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Anguish

10. The truth is that **the imbalances** under which the modern world labors are linked with that more basic imbalance which is rooted in the heart of man... Thus, on the one hand, as a creature he experiences his limitations in a multitude of ways; on the other he feels himself to be boundless in his desires and summoned to a higher life. Pulled by manifold attractions he is constantly forced to choose among them and renounce some. Indeed, as a weak and sinful being, **he often does what he would not, and fails to do what he would.**

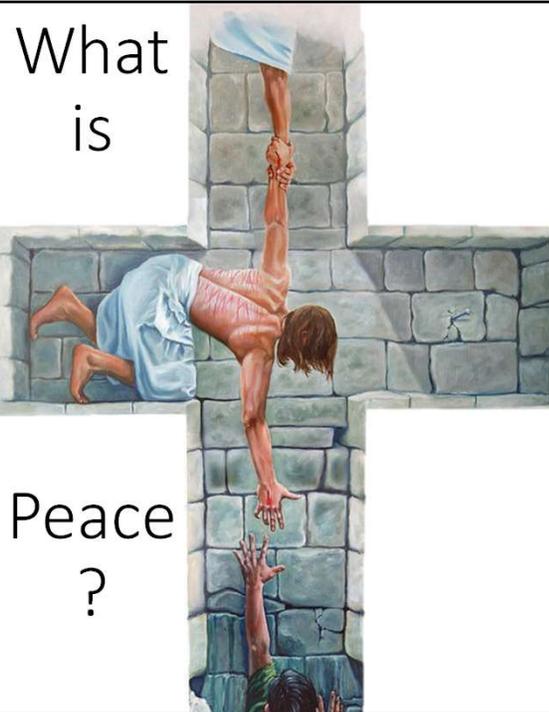


Grief

Hence he suffers from **internal divisions**, and from these flow so many and such great discords in society... Thinking they have found serenity in an interpretation of reality everywhere proposed these days, many look forward to a genuine and total **emancipation of humanity wrought solely by human effort**; they are convinced that the future rule of man over the earth will satisfy every desire of his heart.

13

What
is



Peace
?

Summa Theologiae II-II q29

Peace requires more than communal concord; for even one person's heart can be divided, with desires at war with one another—the flesh lusting against the spirit—seeking incompatible objects. **Concord harmonizes different people's desires**; peace also harmonizes one and the same person's desires. All desire is desire of peace, a desire to enjoy what we desire tranquilly and without hindrance; and that is how Augustine defines peace: the **tranquility of order**. To be in concord with another against one's will is not peace, and men wage **war** to break up such concords and arrive at a more perfect and acceptable peace.

14

What
is
Peace
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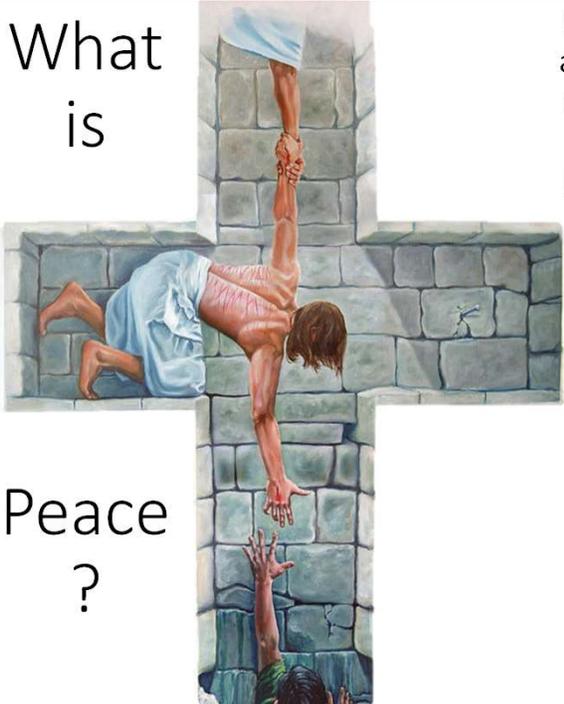


Summa Theologiae II-II q29

But just as we can desire true and false goods, so we can seek true or false peace. True peace may be perfect or imperfect: perfect peace is the enjoyment of God in whom all desires are fulfilled, the ultimate goal of reasoning creatures; but **only imperfect peace can be had in this world**, in which, even if the innermost heart of man rests in God, all sorts obstacles outside and inside disturb our peace.

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What
is
Peace
?



Peace then involves two kinds of harmony: order among **one's own desires**, and harmony of those **desires with other people's**. Charity causes both kinds of harmony, unifying all our desires in the love of God with our whole heart, and making us want to fulfil our fellowman's will as if it were our own. **There is nothing to stop people with charity having different opinions, yet being at peace**; for opinions are mental matters prior to the desires that peace harmonizes. Nor will dissension over trivial matters, arising from such differences of opinion, destroy peace, as long as there is agreement on vital issues. For though such dissension is incompatible with the perfect peace in which all truth will be known and all desire fulfilled, it is compatible with the imperfect peace of this life.

16

Practical means to achieve inner freedom



- 1) Reconciliation
 - Examination of conscience
 - Repentance
 - Confession
 - Mercy and forgiveness
 - Healing of self, relations and nature.

17

Practical means to achieve inner freedom



- 2) Providence
 - God still acts in history
 - Success and failure, or faithfulness?
 - The cross is the greatest success or failure?
 - Trampoline
 - What is the goal of what we do?
 - What brings happiness in the end?

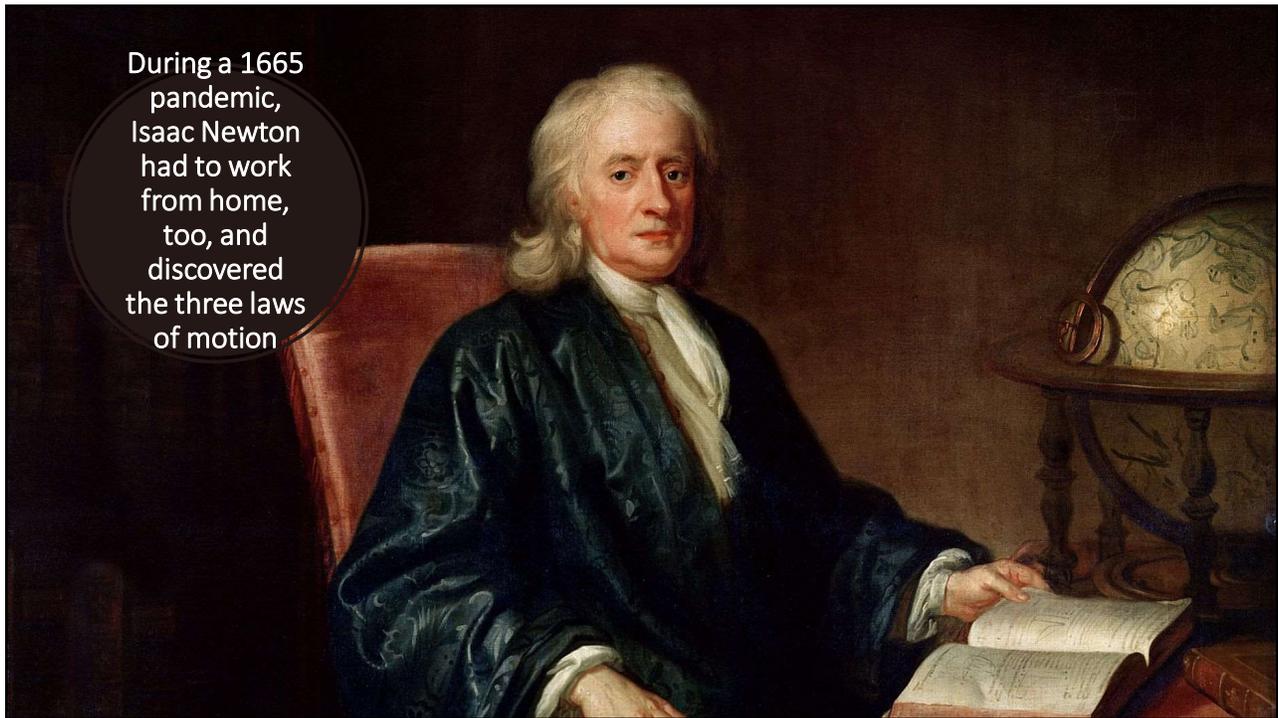
18

Keith Jarrett,
the Köln
Concert



19

During a 1665
pandemic,
Isaac Newton
had to work
from home,
too, and
discovered
the three laws
of motion



20



Practical means to achieve inner freedom

3) Interior life

- Life is connected to prayer
- Interior freedom!
- Spiritual inventory
- Adapt and adjust, reprioritize
- Silence, retreat
- Spiritual Reading
- Vocal vs mental prayers
- Spiritual Guides or community

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Practical means to achieve inner freedom

3) Meditation of Biblical figures

- Jesus: God's will
- Mary: memory
- Paul: singing in prison
- Peter: control
- Judas: negative example
- Job, David, Moses, Elijah, etc.



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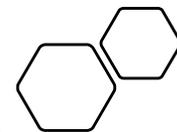
Practical means to achieve
inner freedom

4) Zooming out: the Last Things

- Death
- Judgment
- Hell
- Heaven



23



O Death,
where is thy
Sting?

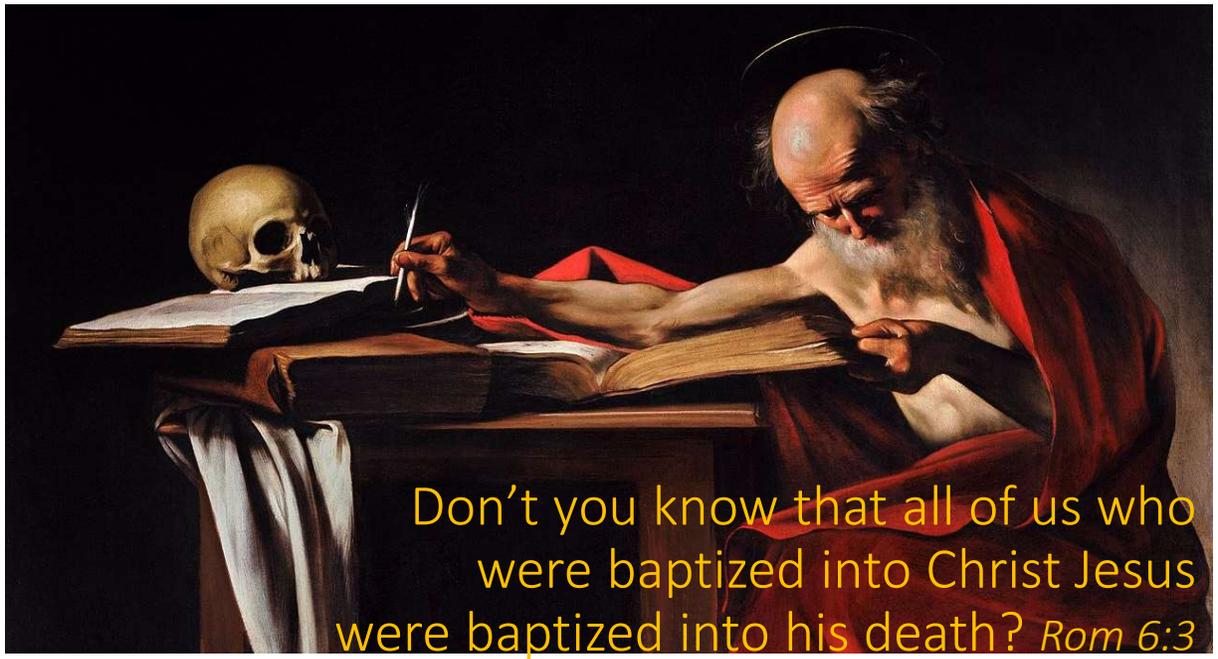
1Cor 15:55

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Perfect love drives out all fears. *1 John 4:18*



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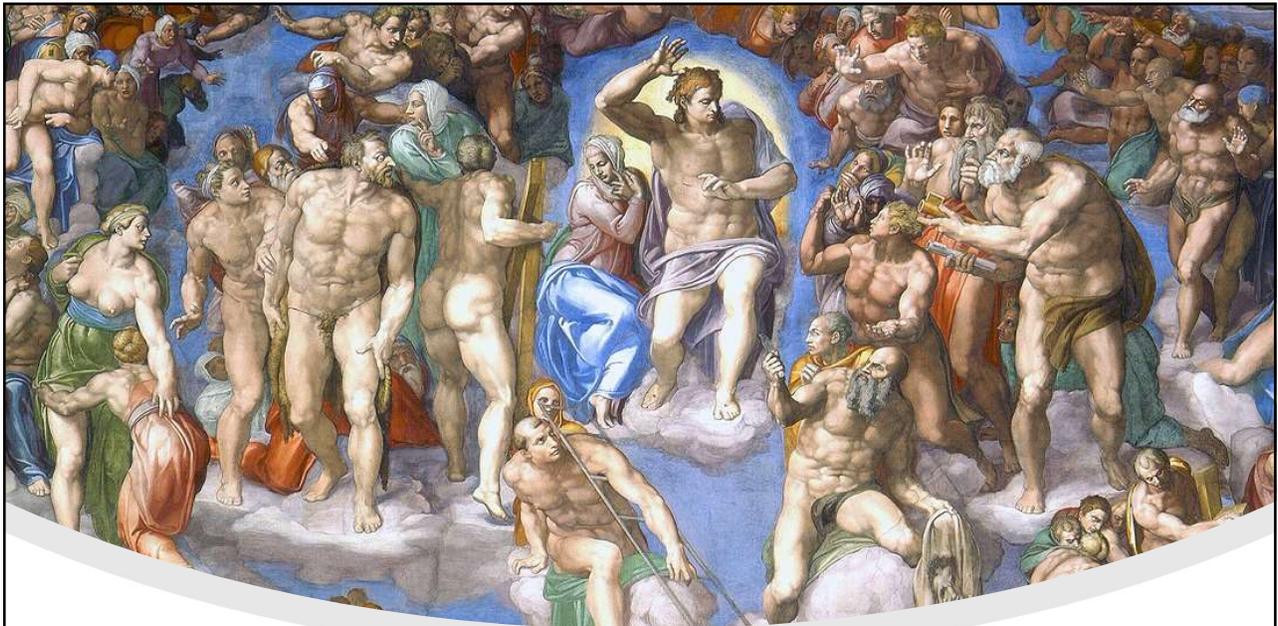
Don't you know that all of us who were baptized into Christ Jesus were baptized into his death? *Rom 6:3*

26



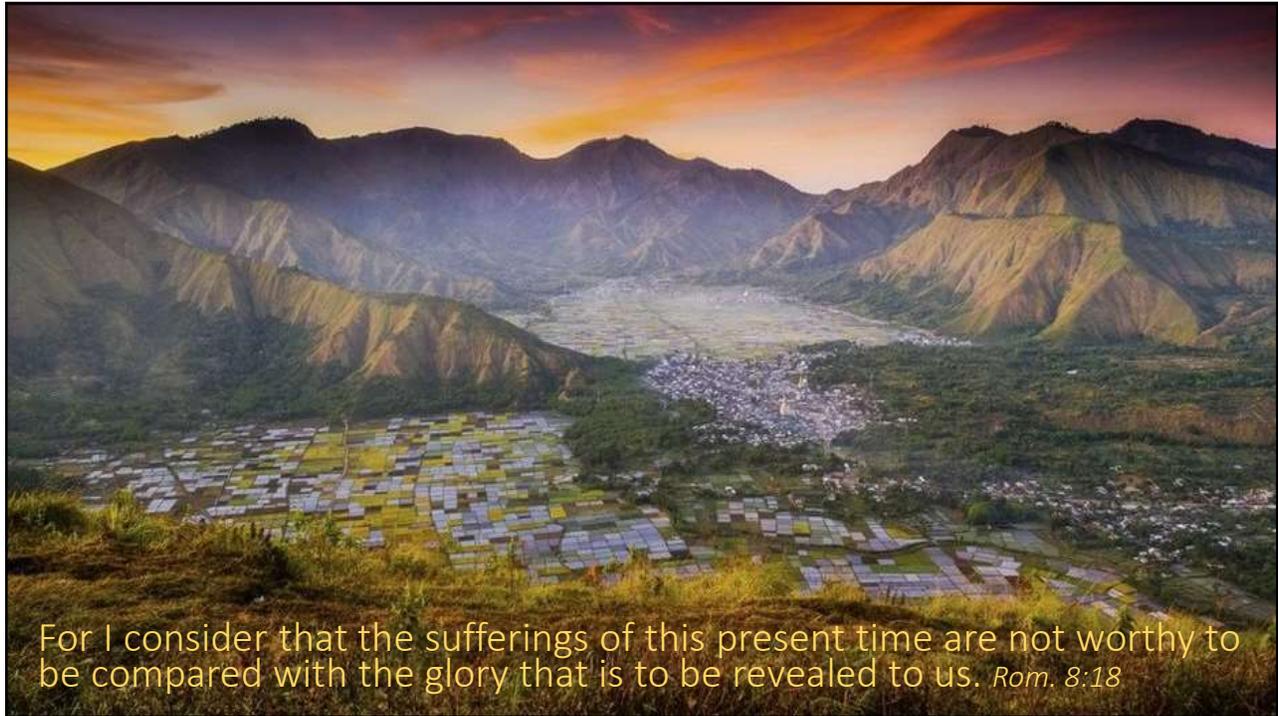
How precious in the eyes of the Lord is the death of his holy ones.
Ps 115:15

27



Love is stronger than death. *Song 8:6*

28



For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us. *Rom. 8:18*

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jtham@legionaries.org

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