

Day Eight Meditation: Peace Given by Jesus

“Peace I leave with you; my peace I give you. I do not give to you as the world gives.”

Jn 14:27

When we are in pain, we want it to stop, reasonably so. We were not made for pain; it is a consequence of the fall. Before the fall, pain had not entered our human experience. Just as we long to avoid death, and this is a good and healthy of us, so we avoid pain.

In not living life in union with your spouse, the pain of the heart rises up, a pain which, just as with physical pain, we desire to escape. The first heart-pain was of our Father Adam and our Mother Eve when they squarely faced the consequence of their sin, standing over the lifeless body of their son, Abel. He, their son, was the first time humanity held a body that could not take in one more breath. Did our Mother Eve hold her son, whom she loved, close to her face so that the blood from Abel's head wound flavored her mouth? How long did that memory of its taste linger in her heart? Our Father and Mother had never seen the blood that was coursing through their body and their children's. Now it, Abel's blood, was spilt upon the earth. It is said that God, in His compassion, gave our Father and Mother the gift of grief to ease their pain and heal their hearts.

You know grief. You know the pain of a dream that has died or never come to be. Grief has been given to heal you. One of your options is to deny any effect of the loss you are facing. This will not play well for you later on in life. You might escape it for the moment, but ungrieved grief will leave a cavity in your heart.

Because of the state of your marriage, your heart is in pain; blood you never dreamed you would taste fills your soul to overflowing. It is also important that you not deny your pain, for it is a sign of your love, for if you were not in pain, it would be a glaring sign that something is not right in your love for your beloved. Blame and anger, the desire for punishment, are the usual masks that save us from the hurt our marriage now causes. Pain is the response to your spouse not wanting to receive the gift of you. Rejection by those whom we love is one of the greatest heart-pains we can face in life.

Your spouse might not be in pain at all from the loss of your marriage. Knowing this might be one of your most intense causes of pain, for it is a sign that there is no room for you in their heart. No matter what you hope for from the past of the two of you, nothing seems to arouse a longing for a return to that love.

Be not too quick to assume your spouse is not in pain. So much of what you are facing is a mystery to you because we are a mystery to ourselves. If this is the case with you, that of not being able to fully see and understand yourself, is it not more true that you do not know what is

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in the heart of your beloved? Though things are not hidden within yourself or your husband/wife, we must be honest that they are probably beyond our or their seeing.

There is One who sees, and it is Jesus. Nothing is hidden from Jesus. He gazes intently on both of you and has compassion. He does not see and then not long to respond to what he sees. Jesus is responding. His response is to give you more of the gift of his Spirit which he wishes to breathe into you. Your pain draws Jesus nearer to you than you are aware. He draws so close that he breathes on you.

What is the sweet fragrance of his breath? It is peace. He breathes the Holy Spirit, and the very presence of the Spirit, who is the Lord and Giver of Life, carries peace. Though the externals of life might remain as they are, Jesus' peace comes to bring you what the world cannot give, a peace that is beyond understanding. As he, Jesus, comes to you, do not move away, but remain so close that his breath is upon you, O son of the Father, daughter of Him who is Compassion.

Your world might have many things that clamor so loudly as the causers of your heart-pain. This makes you wonder if you will ever be able to live in a place that does not have sorrow as a cloud enshrouding all. Life can be so dark with blame and guilt seeming to lurk, ready to spill forth. Day upon day can bring numbness, and then, in a moment, you are stabbed, and then everything runs out of you, leaving you to somehow be propped up in lifelessness, confused, hurt even more, to only fall headlong back into the days of grey cover.

It is into all that you find to now be your regular life that Jesus, the conqueror of death and vanquisher of hell, comes to dwell with you. He wants you to have his peace, a peace that will not fade. Jesus also came to know the betrayal and abandonment of those he loved. What he brings is no more than "I am here." This is your inheritance. Do not think that he would withhold this peace from you. Let him come to you, fully assured that he himself is peace.

I cannot tell you that this peace will endure, not because he will withdraw, but because we have not been trained to remain. It is remaining with him that the pain can be turned into greater measures of love for your spouse by way of sacrifice. That in which you now are might be a life you have never known because you were never forced to need him so greatly. Given the distance between you and your spouse, the pain is driving you to need him, Jesus.

Peace flows from being convinced that you are loved, no matter what others say or even what you say to yourself about your ability to give and receive love. Yes, the hurts of life which you have received, not just in your marriage, but also as you have passed from one year to the next, make it hard for your heart to return to a place where, because you are loved, you know that all will be well, despite all you are experiencing.

Desire to position your heart to know its need for peace and know that Jesus is the one you need. He will not leave you to wallow in what is not. He will shift your soul to gaze upon him rather than be lost in all that surrounds your life. As you allow his enticing goodness to redirect

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you, peace will settle in and become that overwhelming stasis of your soul. The peace he breathes into you will make it so that you will live from a place of deep well-springs.

No matter what is happening, things you did not expect, do not fear to hope that his abiding peace is soon to come and remain in you. You can change many a thing in your exterior life, things that the world offers as the source of peace, but all of these ways will not continue, as the world about you is in constant flux. A relationship with Jesus offers the same tomorrow as it offers today. Do not fear to hope that as you remain in him, peace will grow and expand, invading and taking over in ways that you cannot now imagine.

Son/daughter of God, once again, peace will become the way of your life.

Father,
I do need peace, and I do want it.

Jesus, draw near me in a relationship, perhaps, I have not known with you.
Let me know that you are with me and that I am not abandoned.

So many things in my life do not speak to me of peace.
Jesus, I want you to speak to me, for your voice speaks of peace.
Speak to my heart, Jesus.