Disciples of Jesus

Ambassadors of Peace

DERRY DIOCESAN CATECHETICAL CENTRE

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"Peace I leave with you; my peace I give you." **(Jn 14:27)**

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"Do Whatever He Tells You"

(Jn 2:5)

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A message from

Bishop McKeown

"We live in a beautiful world – and we all are aware that there are many things for which we can be grateful.

But we also know that there is an absence of peace in many countries – and sometimes even in families or schools. The absence of peace very often most affects the young.

Jesus said 'blessed are the peacemakers'. He didn't just encourage his followers to be peace-lovers.

This programme, for final year pupils in Primary and National schools, is an invitation to work and pray so that you can be peacemakers, wherever you are.

Young people who have found peace in their own hearts are then able to be makers of peace for others.

You have received or will receive the gifts of the Holy Spirit in Confirmation. This is an excellent chance to use them now to be peacemakers."

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Ambassadors of Peace

What is an ambassador?

An ambassador is a representative, a supporter, a campaigner, a champion! Their role is very important. We too have a very important role. We are all called to be Ambassadors of Christ, to be the presence of Jesus Christ in the world today. When people meet us they should meet Jesus. They should meet Jesus in our words, our actions, our respectfulness, our peacefulness.

What does it mean to be an Ambassador of peace?

Jesus said, ***"Peace I leave you, my own peace I give you, a peace which the world cannot give, this is my gift to you. Do not let your hearts be troubled or afraid."*** **(John 14:27)**

The peace Jesus is talking about is not just the absence of war. This is a special peace which Jesus promised us. Jesus himself is peace. This peace can be found inside each one of us but it takes time and practice to find it. We need to become aware that the Spirit of God lives deep within us and we can do this by spending some time speaking to Jesus in our hearts. The more you do this, the more you will find you are able to talk to and listen to Jesus in this very special place and find his peace. When you have this peace, you can be an **Ambassador** of this peace of Jesus to others.

Year 7 and 6th Class students

Jesus needs you!!

Your Diocese needs you!!

Our Lady Queen of Peace

Mary is the Mother of Jesus, the 'Prince' of Peace. We are asked to pray to Mary to intercede with Jesus to bring peace to the world.

When Mary appeared to the three children in Fatima, she asked that we pray the Rosary for peace everyday.

When Pope Francis visited Fatima, he reminded us to look to Mary who always leads us to Jesus. In the story of the Wedding Feast of Cana, Mary told the servants to, *'do whatever he tells you.'* and that is what she wants us to do Mary asks us, because she loves us so much, do whatever Jesus tells us.

How to be an Ambassador of Peace

"Peace I leave you, my own peace I give you, a peace which the world cannot give, this is my gift to you. Do not let your hearts be troubled or afraid." (John 14:27)

- Ask Mary, Queen of Peace to help you to be a peacemaker.
- Pray a decade of the Rosary each day.
- Pray the Daily Examen at lunch time and/or home-time in school and at home in the evening.
- Pray for peace in the quiet of your hearts, in silence. Listen in the quiet of your heart as Jesus helps you to become a peacemaker.
- Find out where in the Bible Jesus says, "Blessed are the Peacemakers" - discuss in class what that means.
- Use the gifts of the Holy Spirit to help you to become a peacemaker.
- Speak words of peace, words that are kind and respectful, in school, at home, in your community.
- Listen with love and respect to others at all times, even those who may have a different opinion to you.
- Treat everyone you meet as Jesus asks you to - with love, with care, with respect and understanding.
- Ask Jesus to help you to forgive those who may have hurt you through their words and actions.
- With Jesus' help ask forgiveness for the times you may have hurt others through your words and actions
- Go to Confession, so that you will have the peace of Jesus in your heart to share with others.
- Make some posters for display in the school or Parish Church to show others how they can be Ambassadors of Peace
- Be models of peace for the other children in your school.

Prayer Time

Finding the Peace of Jesus-Being the Peace of Jesus

Resources for Sacred Space

A Cloth, Candle, Bible, Cross, Image of the Holy Spirit

Read slowly

"Peace I bequeath to you, my own peace I give you, a peace which the world cannot give, this is my gift to you. Do not let your hearts be troubled or afraid." (John 14:27)

Reflect

There is a special peace which Jesus promised us. It can be found inside of us but it takes time and practice to find it. We need to become aware that the Spirit of God lives deep within us and we can do this by spending some time speaking to Jesus in our hearts. The more you do this, the more you will find you are able to talk to and listen to Jesus in this very special place.

Look at the candle. It is a reminder that Jesus Christ the light of the world is always present.
Take time to become very still. Close your eyes. Listen to the sound of your breathing. Try and forget about everything else that is going on.

Try and picture yourself in a special place, within your heart, sitting beside Jesus. Tell him about yourself, about your family and your friends at school. You can talk to Jesus about anything.

If you have anything worrying you Jesus will listen. Perhaps there is something you are really excited about or something you want to thank him for.

Ask him to be with you at this very special time… pray for the
Gift of Peace in your own heart
Gift of Peace in your Family
Gift of Peace in the School Family
Gift of Peace in the Community
Gift of Peace in the World

Now take time to listen as Jesus speaks to you and lets you know how much he loves you and how special you are. Listen as Jesus asks you to be his peace in the world today.

How will you answer Jesus???

Finish with a simple prayer - Glory be to the Father and to the Son and to Holy Spirit as it was in the beginning, is now and ever shall be, world without end, Amen.

Daily Examen

Saint Ignatius of Loyola gave us a way to pray each day. It is called the Examen. It helps us to be aware of God's presence in every part of our lives. The Examen includes steps to follow at different times each day to think about what we did and the choices we made. We use what we did today to look forward in hope to tomorrow, knowing God is always with us.

Let's begin. (Pause…)

Be still and quiet. (Pause.) Know that God is with you. (Pause…)

Think about your day from beginning until now. (Pause…)

Did you make good choices? Name them. (Pause…)

Thank God for his gifts to you this day. What or who are you really grateful for? (Pause…)

Did you make bad choices - did you sin? (Pause…)

Think about how much God loves you. (Pause…)

Ask for God's forgiveness for anything you did that does not reflect his love this day. (Pause.)

Now think about tomorrow, knowing God is always with you. Think of ways that God can help you tomorrow to live his perfect plan for your life. (Pause.)

Finish by praying - Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever will be, world without end, Amen.