

# Carmelite Book Club

*Searching for and Maintaining Peace*

by Father Jacques Philippe

## **Week 3 | Part II: How to React to That Which Causes us to Lose Peace**

For meeting schedule tips, please see “Week 1”.

*Saint quote: St. John of the Cross: “God gives in the measure that we expect of Him.”*

*“Our great drama is this: Man does not have confidence in God.”*

*“...the Lord can leave us wanting relative to certain things (sometimes judged indispensable in the eyes of the world), but He never leaves us deprived of what is essential: His presence, His peace, and all that is necessary for the complete fulfillment of our lives, according to His plans for us.”*

*“In abandoning myself to God, I experience in a concrete fashion that ‘it really works,’ that God makes all things work together for my good, even evil, even suffering, even my own sins.”*

### **Summary:**

We frequently lose our peace due to fear caused by situations that affect us personally, including our health, family, professional life, moral life, and spiritual life. We worry about the past, present, and future. Trying to rely on our own resources or those of the world is the surest way to lose our peace. We must turn to God in trust. The devil tries to make us believe that God wants to deprive us of happiness and that total trust in Him will leave us lacking. This inherent mistrust of God is a consequence of original sin. We must evangelize ourselves, believing the truth that God will provide for all we need for our sanctification, through our words and actions of trust.

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## Reflection Questions

1. What is one particular insight I have gained from this section?
2. What are some of the reasons we fear trusting/abandoning ourselves completely to God? Why do I personally fear trusting/abandoning myself to God? What are some of the ways recommended that I can overcome this fear?
3. What areas or circumstances in my life bring me the most anxiety, where I need to abandon myself more fully to God?
4. Are there any situations in my own life where I have experienced God drawing good out of suffering/evil?
5. Why does contemplating Jesus on the cross inspire absolute confidence in God?