

Principles of Spiritual Life
(6/12)

Peace of Responsibility
(1/3)

Prepared by God's Love House

Book : Series of principles in spiritual life

(٦)

How to obtain inner peace (١- Peace of Responsibility).

Prepared by: Servants of God's Love House for
expatriate students

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*We have a hope in Messiah that this
series will reach every Christian youth
with the least cost.

*You can share this hope by giving it to
your children in service and to your

or read it in
ad none
continuation might cause frustration.



His Holiness Pope Tawadros II

Messiah is the king of peace, God of peace, and Lord of Peace. First thing that makes us lose our peace is concern and worrying. But Messiah came to lift our tiredness and comfort our concerns. He promised that all our issues – even the simple ones - really matter to him, even our heads' hair.

With the fast pace of life and lots of responsibilities, we enter unconsciously in a cycle of worry and concerns. Many pieces of advice such as “don't worry, tighten yourself, don't care ...” are given but the practical steps are much important

In this guide , you'll find one practical step, if you want to have peace and liberate yourself from concerns and worries. Try it, so Lord can relieve you. Also, be aware of Chemosh and his distractions.

This series is practical steps- cumulative- on the spiritual road. To make full use, please read it in order and practice its practical steps in your daily life constantly .Try and you'll find in yourself –with grace of Messiah- deepness and gradual growth in your spiritual life.

Lord Jesus liberates us from concern and worry and gives us his true peace with intercession of our mother Virgin Mary and prayers of our canonized father, His Holiness Pope Tawadros II and glory to our God forever and ever Amen.

In that morning, I headed to my father and on my way I felt some sort of instability. I started thinking about the cause, but I couldn't find a clear thing, and while thoughts were racing in my head, I found myself in front of my father at the place where we meet. Here, my father welcome me and asked me why do I look concerned today.

I said: I do not know a clear reason, my father, but I feel with worry and unrest.

He said: did we talk before about inner peace, my son?

I said: No, my father, but you promised me before and today I am in need of that.

He said: today, we'll talk about inner peace. Before we talk about inner peace, what about Single? and Good Morning, my son?

I said: Single! Interrupted? Some days I recall and others I forget. However, Good Morning is going well. He said :”Good morning” is one of the very important matters , Even after a while, but make sure that since you are continuously studious, God must respond to you, and you will see growth in his love and feel him. And Single is one of important indicators for spiritual

growth. Whenever Single increases, this indicates that you are growing in your spiritual life and when it decreases it takes place back in spiritual life. However, be aware that everything is step by step and you'll not have moustache and beard all of a sudden. And what is the news about "Controlling Angles" and a verse before sleep?

I said: I am forgetting "Controlling Angles" , but what is a verse before sleep?

He said: "Controlling Angles" is that you repent day by day and trust in acceptance and forgiveness daily. This gives you strength and happiness continuously. Try to remember it, and if you forget a day, don't forget on the next. And if you forget two days don't forget on the third. As for the verse, it is to sanctify your mind and dreams by frequently saying verse till you sleep.

Last thing you read or say is what you think and dream about. Saint John Saba, the spiritual elder, said "blessed who sleeps and Your holy name on his lips as devils cannot approach him".

I said: exactly my father. Pray for me so I commit, but what it is meant by inner peace?!

He said: the Holy Bible says about Lord Jesus that (King of peace, prince of peace, Lord of peace, who gives peace, God of peace).

I said: all these!

I said: Yes my son. Peace is the media where all virtues grow, like air that all creature live in. Imagine if air was poisoned. Can a human being, an animal, or a plant lives in?

I said: of course not.

He said: It's like this my son. If there is no peace in heart, you will not know to pray, but you will be confused, and you will not tolerate people, but you'll be nervous, and you will not have faith and quietness. Also, at the financial level, they say "no development without peace. When there is war, there are no new projects, schools, roads, but all the resources of the country is directed towards war and weapons.

"There must be peace, inner peace and not an appearance and a form."

I said: What does that mean?

He said: It could be the human outside look is a great quietly angelic like, and full of peace, while inside has volcano, tiredness, sadness and concerns!! One time, one of the fathers told us this story about inner peace.

I said: What it is, my father?

He said: The father said when he was at faculty, he used to go to many trips. In one of the trips, he went to Lebanon, and they had a brother named “Salama”, who was a servant and deacon, polite and spiritual; beside that he was funny. Everyone loved him, and they were climbing the mountains and watching pine trees and green land after that they descend and stay in the hotel. This father, Salama and another person were in a triple bedroom, and before sleeping they sit together, and have conversations, laugh, pray and then sleep. This father says that often a quarter an hour we found Salama blowing forcefully while sleeping “ Oh, Ooh”, then we headed to him and woke him up, and told him “what’s going on Salama, are you sick? Shall we call a doctor for you?! He says “No, no, I’m fine, fine”. This happened more than once, then the father sat down with him and told him: “Salam you make people laugh all the day and at night you terrify us, there must be something”. Salama told him “No, no there is nothing”. The father replied: “We are bothers, my dear, what’s going on?”. Salama told him “Surely, there is something. Do you think that I am happy or joyful because I make people laugh. I am tired and torn from inside. Pray for me, pray for me, so that may the Lord has mercy on me”.

I said: This story explained a big mystery that I faced with myself and people!! Inner peace indeed is not by appearance and how do we look, but my father, how do I have inner peace?

He said: There are three kinds of inner peace:

First: Peace of morning

I said: What does peace of morning mean?

He said: Peace of morning is “**peace of responsibility**”. When someone wakes up in the morning and be concerned by saying: I have school, a difficult lecture and I have an important exam, or I have problems with the manager at work, or problems with the children and expenses. And since the early morning, one weighs down the heart, but a kind word cheers it up” (Proverbs 12:25). You see a 20- year –old person, but because of worry and concern, he looks like as if he/she is 70 years old. Whilst, the book also says “Cast your cares on the Lord, and he will sustain you; he will never let the righteous be shaken.” (Psalm 55:22). And “Come to me, all of you who are weary and burdened, and I will give you rest” (Mathew 11:28). One time, Lord Jesus was sitting with his disciples, and (I think) they were burdened and their eyes moving right and left because I

anxiety. He told them why you look concerned!! Look up? Look. Then he asked them what do you see? They said birds. He told them that these birds neither farm and nor harvest, and they don't have stores and your father, Your father!! Feeds them. How you are better than many birds?! Even the hair of your heads counted one by one and here my father pointed to his head and said that even his light hair is counted.

I said: And is my head's hair counted as well?!

He said (smiling): of course, yes it's true, it's a little dense and will tire the angels but it is counted one by one.

An old lady went from the village to the city to sell some crops. She took the train that passes between the villages and after she was on board, the people told her "madam, put down the container and rest. You are now on board of the train" She said "on board of the train". They said "Madam, since you are on board, the train transports you and the container as well". She said "Thanks to it, maybe it won't come again". And they couldn't ever try to convince her to put the container down.

I said: Father, did this story, in fact, happened?

He said: Yes, my son, and it happens every day when we get concerns. Messiah bore us with all our

responsibilities, all our problems, with all our tiredness. It is mentioned in the book of Exodus “You have seen what I did unto Egypt, and how I carried you on eagles’ wings and brought you to myself” (Exodus 19:4) and in Deuteronomy “And in the wilderness. There you saw how the Lord your God carried his son, all the way you went until you reached this place” (Deuteronomy 1:31). One of the brothers told me when I mentioned this story to him, that it resembles the Christian in his concern. The one who bears his/her concern and doesn’t want to get rid of it.

One time, a little bird on the tree with her mother, the big bird, and they saw someone walking with sad looking face and concerned. The little bird told her mom “what’s wrong with him? He looks sad!” she replied “it looks he has lots of troubles”. The little bird said “wondering, like he doesn’t have a kind God to solve his problems our God!!” She said “it looks he doesn’t my daughter”.

We became a mock, even birds mocks us!! Indeed, let’s look to the birds of the sky having happiness, joy, and flapping their wings, and they don’t have money at the bank, and no friends to rely on, and no certificates to brag with. They just trust in a God that told us- not them- you are my sons and loved ones and pupil of my eye, and

even the hair of your head matters to me, and after all that we get worries!!

I said: And does “peace of responsibility” mean that I don’t do anything, and leave “on God” I sleep and relax till success comes to me” as youth say?!

He said: of course not, who created your brain?

I said: of course, it’s God.

He said: Use your brain and your gifts and capabilities, and not put your brain in a fridge, and every day you say “Oh, O brain beautiful brain is still nice and healthy” and don’t sleep with laziness and relaxed and waste your time, but be trustworthy as much as your gifts and capabilities. But when you are concerned remember the God’s words: “Therefore do not worry

about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Mathew १:३॔)

The child needs
a lactating
nurse to live
and the
creature needs
the Creator to
live, if the
mother left her
child after
giving birth, it
would have
better not to
give birth to it.
Would God
leave us!!!...
Saint Jacob of
Serugh.

There is a verse for Saint Augustine that explains how to make a balance easily.

I said: And what is it, my father?

He said: “Do all the work as if it depends on you, and believe all the faith as if everything rely on God”.

Do all efforts to complete what is required from you and do not be lazy, and do everything faithfully for the sake of Jesus (as we mentioned before). We study just not for the score or grade, and we don't work for salary – as much as their money- but we study and work because Jesus said work and be faithful, while the score and all the needs are his responsibility. And when worries and concerns occupy you, be sure that the situation is totally within God's hands, and he is faithful in his responsibilities.

I said: Nice words my father. Birds, train, but I need practical steps as I used to see from you father. What are the practical steps that I have to follow to gain peace of responsibility, when I get concerns what shall I do?!

He said: I will not tell one, two, three, but I tell you one step in one phrase but it's a practical one. If you implemented it, then ask for the result. And if you forget and neglect it, then you take the full responsibility alone.

I said: And what is it, my father?

He said: It is one verse Pope Shenouda said

“Convert every thought to a Prayers”

When you get thought with worry and concern convert it to prayers.

Instead of saying “I have exam! difficult subject and not remembering anything” even if you studied something you forget.

Say like this “Lord be with me during my exam, Lord help me, give me wisdom, knowledge and peace”

Instead of complaining from high prices, trouble at work, at home and the future. Our blood pressure gets high and we get diabetes early, and our troubles as they are.

It's like when they say “put his concern in himself” or “put his concern in his tummy”. If concern stops at the heart it will bring high blood pressure, in the stomach, it will bring an ulcer, in the pancreas it will bring diabetes, in the bowel it will bring irritable bowel syndrome, in the brain it will bring stroke and paralysis. And instead of all these diseases and tiresome, it's better for us to say “Lord I hand you my life and the future of my children and my troubles with the manager. Don't leave us Lord we're your children to whom we go, you are our father and you can solve all the problems.”

Turn worrisome to prayer, and be sure that when you pray, God listens to you. He loves you; you are his son.

God loves you more than your love to yourself.

In Romans (8:32), a very strong verse.

I said: and what's this verse, my father?

He said: the verse says "He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?"

When you get concerned, tell yourself strongly "who died for me, my sake: how come he doesn't give me success or protect me from any evil, or to solve me a problem". After all of this and one gets concerns so what shall we call that, Son?

I said (smiling): Forgive me my father, he must be fool. But what's the reason for this foolishness that we have?

He said: The main reason, and it's our problem nowadays, is that we don't read the Holy Bible regularly. Our spiritual life is weak and we do not know our capabilities that are gifted to us from God and we live in poverty. In Upper Egypt they say:

" He is not a person of grace, he likes poverty "

I said: Father, you always focus on mentioning Lord's name in everything whether in prayers or the Holy Bible?

He said: Exactly, my son. This is the secret for Saints' strength. God's grace is given to the humbles. When you ask God to solve your problems and concerns you are announcing that you are poor and "The Lord helps them and delivers them; He delivers them from the wicked and saves them, because they take refuge in him." (Psalm 37:40). And also, when you rely on God's promises in the Holy Bible, He gives you a faith based not only on your changeable feelings, and not on our acts that have lots of evil and dirt, but on God's fixed word and this will take it in details, when we talk about conflict with God.

Had mercy on us and
we were enemy, can't
He protect us after we
became friends and no
more in need for the
Son to die a second
time

Saint John Chrysostom

The Bible said "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." (Philippians 4:6) and also "and call on me in the day of trouble; I will deliver you, and you will honor me." (Psalm 50:15). When you call him you'll get quietness and peace, instead of confusion and concern. And so in every hardship, in every problem, in every worry, ask

Messiah and you'll find peace and quietness and here Satan starts to stay away from you and says "instead of fighting him let me leave him pray, leaving is a better thing" In every matter, pray and express your yearning, but at the end say: Lord, what you see for me , it will be better. Lord taught us that. In the Garden of Gethsemane he said "Abba, Father," he said, **"Everything is possible for you. Take this cup from me. Yet not what I will, but what you will."** (Mark 14:36)

And frankly this is the hardest point in Christian life.

I said: And what's it, my father?

He said: That is to hand over all matters to God and submit your will completely to him.

I said: I think it not difficult. I like to hand over all matters and submit completely to him.

He said: it's easy to say but genuineness appears at hard times. For example, "when you want to ask a certain lady for engagement", do you have the readiness to say what do you see for me my Lord whether I'll continue the way or not. "If you are looking to immigrate" do you have the willing to say I immigrate or I don't immigrate you decide for me the correct way Lord. And so on". Someone is looking to get into a specific university" "one is going to enter the army" ... Do you have the readiness to say Lord what you see for me?! Here is the actual test for submission. And it's not just words.

I said: How?

He said: There must be fruits for it, to show peace and no worry. It's not someone telling that he has submission and remain in worrisome and fear and does not know how to sleep!.

I said: it looks that the matter is difficult. But how do apply it practically?

He said: as we said express your interest but at the end say “what you see for me, my Lord”.

I said: But if anxiety continued fighting me, what would I do?

He said: Of course, anxiety and fear will continue fighting you, and you will not feel peaceful with just one pray.

I said(with surprise): and what would I do?

He said: Convert all your thoughts into praying and continue.

Insist on your calling better than you die from anxiety.

The best thing that gets relief is to trust:

*That God loves you more than you love yourself.

* And even God is mighty and can do everything

* And also he is generous and not mean.

After all of this why you would have fear or anxiety!!

I said: Is one point enough my father to get peace at the time of concern and worry, I want other practices?

He said: Our problem my son these days is that we hear a lot and we do nothing. Benefit is not by plenty of preach or plenty of exercises, by work and practice and this is not enough!!

I said: And what is enough, my father?!

He said: Continuity and perseverance. In planting pine, they use machines to irrigate land, to transfer water from channel to field. To keep plants growing machine must keep working, and when it stops working for a long period, plants fade and die.

Similar to this, spiritual steps that we talk about are a cumulative curriculum, their benefit is that it is simple and practical and also cumulative. At start, you take the position with happiness and seriousness then slowly languish and get forgotten. You feel happy with Good Morning and Single and slowly forget. And so other simple matters?

I said: Indeed, this happens but what is the solution?!

He said: The important is continuation, and if we become lazy, we go back; and if we forgot we return and remember. Since you tried matters and saw their results by yourself, work hard and come back and never be hopeless. And if you don't practice continuously and

every time we take something new and you don't add it on the old, you'll not continue growing in your spiritual life. Lord Jesus said "Stand firm, and you will win life." (Luke 21:19) "But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop." (Luke 8:15). Many times we heard preaches but how many of these do you recall now?!

I said: Aaa..aaa Oh! I don't remember now. If I remember, I remember titles only.

That's why I hope you remember and work regularly (Single- Comparisons- Good Morning- Bullying Spirituality- For sake of Jesus – Sanctification of the Subconscious- ..)

And these are simple matters in their form but if you maintain them then your whole day is pray and every moment is a relation between

I said: These matters I Love. I tried them and tasted their meaning and the meaning of the relation with Jesus, but there are some days I forget or feel lazy.

He said: As we mentioned before that you'll not have a moustache or beard all of a sudden. The important thing is that you don't leave the road completely. In the road you may get tired, fell, but never give up.

There is no meaning for life with a continuous and genuine relation with Messiah as a father and friend.

And before I leave you I warn you of Chemosh.

I said: And what's Chemosh my father?

He said: It's one of the gods of the Palestinians. And it was a huge hollow statue made of copper, like a human with outstretched hands. An intense fire was lit at its bottom until copper is glowing. After that, they present sacrifices to him which were of young children.

I said (with surprise): Of children!!

He said: Yes. They take innocent young children and put them in between the hands of the statue and burn right away.

I said: And their fathers and mothers, do not they hear the cries of their children?

He said: He priests of Chemosh knock the drums intensely (dub dub dub..) so that no one listens to the voice and sympathizes. And this is how Satan deals with us?

I said: How my father?

He said: Satan come to church and you are in the Mass and tells you "you have to study, you have important appointments, troubles at work, and troubles of your children, what is today's food, why deacons are

not organized” and such many thoughts to confuse and distract you.

I said: Indeed, he does this with me a lot. What do I do?

He said: Do not try to negotiate and fight with him because he will take you from topic to topic and you will not be able to get rid of.

I said: And what do I do?

He said: Expose him right away to God. Say “Lord Satan is fighting me by thinking in food in ... and I am attending the mass. Lord let me think in you and focus on prayers”, when you expose him, he’ll run away immediately but if you enter in a fight with him, he’ll distract you more.

There was a little simple quiet child at first grade at the elementary school, and beside him a fractious. The fractious child asked the quiet one to take the pen and throw it at the back of the teacher who was writing on the board. The quiet child took the pen and headed towards the teacher, but he remembered that at home they told him not to do anything without taking permission from teacher first, so the child asked the teacher “teacher teacher , this boy asked me to throw the pen on your back, can I do that?!” The teacher replied “no my dear, this is wrong” (because he knows he is

simple child) and looked angrily at the nasty boy, and the naughty boy shouted “I did not say anything, I didn’t say anything”. The naughty boy couldn’t stay quiet but told the quiet boy “go to the boy who is sitting at the first row and hit him on his head and come back”. The quiet boy went there but he remembered that he has to ask the teacher, so he said “teacher teacher, this boy is asking me to hit that boy on his head, can I do that? The teacher replied “No my dear, this is your friend and brother, this is wrong”.

And here my father directed the question to me: would the naughty boy ask him to do something else?

I said (smiling): of course not.

He said: This is also you when Satan fights you with distraction and confusion. Right away expose him to God, “Lord Jesus, Lord Jesus, the thoughts are telling me ... Help me Lord and let me focus on praying or studying”. Please take care of all practical matters that we agree on so you can ask for a result and find growth in your spiritual life and our words will not be just preach and stories.

I said: with grace of Messiah I’ll take care, I’ll take care.

He said: next time we'll talk about an important topic and it is the Doorstep to Christianity, and Peace of Sunset and here my father stood up.

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In this brief

Jesus is King of peace, God of peace and Lord of peace

First thing to make us lose our peace is concern and worry, but Jesus came to bear our tiredness and relieve us from our concerns.

He promised us that all our matters – even the simple- are important to him, even the hair of our heads.

And with the speed of life and lots of responsibilities, we enter in a circle of worry and concern.

Many advices “don’t fear, tighten yourself, don’t care ...“

Importantly are the practical steps.

In this brief you’ll find one practical step try so that Lord relieves you from concern and worry. And also, beware of Chemosh and his distraction.

In this series we’ll talk about controlling thoughts and repetitive fall and inner peace and how to get rid of feeling guilty and the dead mouse and indicators of real Christian.

This series can be ordered from: God's Love Hostel

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