

MAY 25 2025, FATHER FRANCIS SALASAR

A man once found himself stuck in terrible traffic, late for an important meeting. Horns blasted, tempers flared, and frustration filled the air.

Then he noticed the car next to him. The driver was smiling, humming along to music, completely at peace. The man rolled down his window and shouted, “How can you be so calm in this mess?”

The other driver replied, “I’ve learned that getting upset won’t make the traffic move faster. Besides, I’ve got peace inside. No traffic jam can take that away.”

That’s the kind of peace Jesus offers us in today’s Gospel. Not the absence of trouble, but the presence of something deeper—something unshakable. He offers us a peace that isn’t dependent on circumstances. It’s a peace the world cannot replicate, and a peace that guards our hearts even in the midst of a storm.

But the question is: how do we achieve such peace?

Jesus begins by saying, “If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him.”

True peace isn’t found in the absence of trouble—it’s found in the presence of God.

Consider a child who is afraid of the dark. The darkness doesn’t change, but when a parent enters the room, the fear disappears. Why? Because the child trusts the presence of someone who loves them. In the same way, Jesus promises that when we love Him and obey His word, the Father and the Son make their home with us. We are never alone.

Secondly, Jesus says, “Peace I leave with you, my peace I give you. I do not give to you as the world gives.”

So how does the world give peace?

The peace the world offers comes with conditions. It depends on everything going right—good health, steady income, smooth relationships. But what happens when the trials come?

The world’s peace is temporary—a vacation, a distraction, a full bank account, maybe even a good cup of coffee. There’s nothing wrong with those, but they don’t last. They can’t hold up when the storm comes.

The peace the world offers is superficial. It often means avoidance—ignoring problems, running from pain, rather than facing it with strength. The world’s peace is fleeting, easily lost when life gets hard.

But Jesus offers peace in the storm. His peace is unshakable. It remains even in suffering. His peace is eternal, rooted in His victory over sin and death. And His peace is deep—it guards our hearts and minds.

In a world of anxiety, we as Christians are called to be counter-cultural. Not naive or passive, but anchored in Christ’s peace.

A man once asked a monk, “How can I find such peace?” The monk took a hollow reed, placed it in rushing water, and said, “Look inside.” The man peered through the reed and exclaimed, “The water is still!” The monk replied, “So it is with you. When the storms rage around you, fix your gaze on Christ, and you will find peace within.”

Notice what Jesus does **not** say. He doesn’t say, “I will take away all your problems.” He doesn’t say, “You’ll never have a bad day again.” He says, “Do not let your hearts be troubled.”

It is possible to have trouble on the outside and peace on the inside. It is possible to be in the storm and still be steady.

So today, if your heart is troubled, if anxiety is knocking, if fear is crouching at the door, hear these words again: “Do not let your hearts be troubled and do not be afraid.”

Dear brothers and sisters, the peace Jesus offers is not a fragile, worldly peace, but a deep, abiding peace that comes from knowing we are loved, we are never alone, and He has overcome the power of evil.

Let our prayer be:

Lord,
you have told us not to let our hearts be troubled.
Help us to trust in you,
to abide in your word,
and to receive the peace that only you can give.