

The Pax Domini

Last week we talked about the Words of Institution. That brings us to the *Pax Domini*, which is Latin for the “Peace of God.” It goes like this:

P: The peace of the Lord be with you always.

C: Amen.

This comes to us from **John 20**, where Jesus appears to His disciples on that first Easter evening and says, “*Peace be with you*” (**John 20:19**). These words are important because we receive forgiveness of sin and a strengthening of our faith through the body and blood of Jesus. That’s the only thing that can give us peace with God. Paul says that we are at war with Him because of our sins. The only way to have peace with Him is to have our sins taken away. And that’s something we can’t do. They are only washed away by the blood of Jesus.

When we have peace with God because our sins are taken away, we can have peace with one another. So, one thing we sometimes do is “pass the peace” on to each other by taking the time to greet each other and say, “The peace of the Lord be with you.” In fact, that would be a good greeting to use every day for other Christians, since we are to live in His peace.

Prayer:

Lord, give us Your peace through Your Sacrament and help us to live in Your peace every day. Amen.