

The Sign of Peace

This is a sign of sharing the peace of Christ which no one else but Jesus can give us. When we make the gesture of shaking hands with others or kissing a member of our family while saying something like: "Peace" or "The peace of Christ", we are showing that what we share is a gift from Jesus and we are not just wishing people well. It is much more important than that. It is a very special moment and one of great joy.

Perhaps you can ponder on these thoughts for yourself and talk to your children about their understanding of 'peace'.

- What does it feel like when you are not at peace with yourself?
- When are you really at peace?
- What does the Sign of Peace mean to you?

