

Searching for Interior Freedom and Peace

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Columnist

Interior freedom. It's something we all long for, right? We all long to be completely at peace, happy and content. But how many of us get to experience this kind of interior freedom?

We might experience bits of temporary happiness, but do we actually get to experience a kind of interior peace that no matter what happens to or around us that we are completely at peace?

It's natural for us to turn our eyes to material things to fulfill our happiness rather than put all our trust in God alone to fulfill our desires. Fr. Jacques Philippe once said, "How many young people hesitate to give their lives entirely to God because they do not have confidence that God is capable of making them completely happy? And they seek to assure their own happiness by themselves and they make themselves sad and unhappy in the process."

I think we all need that reminder that nothing on this earth will satisfy our thirst for happiness except for God alone. We may try to fill our "God-sized hole" with other things, but the truth is, nothing will fill it but God, which is why so many things leave us disappointed when we expect them to be our ultimate fulfillment.

If we want to reach complete happiness and peace, Fr. Philippe suggests "quiet, meditative prayer – the real source of interior peace." So, in order to do this, we must pull back from our busy schedules and give God time to speak to our hearts. It's the only way we will

experience true peace because He will transform us from the inside out and show us the ways in which to live.

Fr. Philippe continues to say that “our interior peace will be that of our abandonment, consequently of our detachment.” So, the more you can detach yourself from the things of this world, the more you will reach this goal of interior freedom.

This makes me think of the countless people living in poverty or those who take vows of poverty and yet they are some of the happiest of all people. This just goes to show that the less attached we are to earthly things, the more room we leave for God to fulfill our needs and wants.

St. John of the Cross said, “All things were given to me from the moment when I no longer sought them.” When we fix our eyes on God, He gives us everything. He is just waiting on you to take that leap of faith.

He will always bless you 100 times more than what you give Him. It is literally impossible to outdo God in generosity. So maybe this Lenten season, try spending more time in quiet prayer resting your hopes in God and finding that interior peace you’ve always been searching for.

If you are interested in learning more about achieving this peace, look into Fr. Jacques Philippe’s books “Interior Freedom” and “Searching for and Maintaining Peace.”