



**Blessed are the meek and the peacemakers**

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# WHAT NOW?

Something just happened — and before you could think, you think, you were already reacting. What was that?

## The Event

A situation, a word, a delay, a tone tone of voice. Something occurred occurred in the world outside you you — neutral in itself, carrying no carrying no inherent charge.

## The Internal Reaction

Tension rose. Urgency appeared. A appeared. A need to control, to fix, to fix, to defend. The focus here is here is not on what happened — — but on what was **activated within you.**

# WHERE DOES CONFLICT BEGIN?

## External Triggers

People, situations, timing, words — the *occasion* of conflict arrives from outside.

## Internal Interpretation

Emotion, ego, memory, and meaning-making transform a neutral event into a personal wound.

## The Real Source

Conflict most often begins **within** — in the gap between what happened and how we chose to receive it.

# GOSPEL- CHAPTER 9

## CHAPTER 9 - BLESSED ARE THE MEEK AND THE PEACEMAKERS

### *INSULTS AND VIOLENCE*

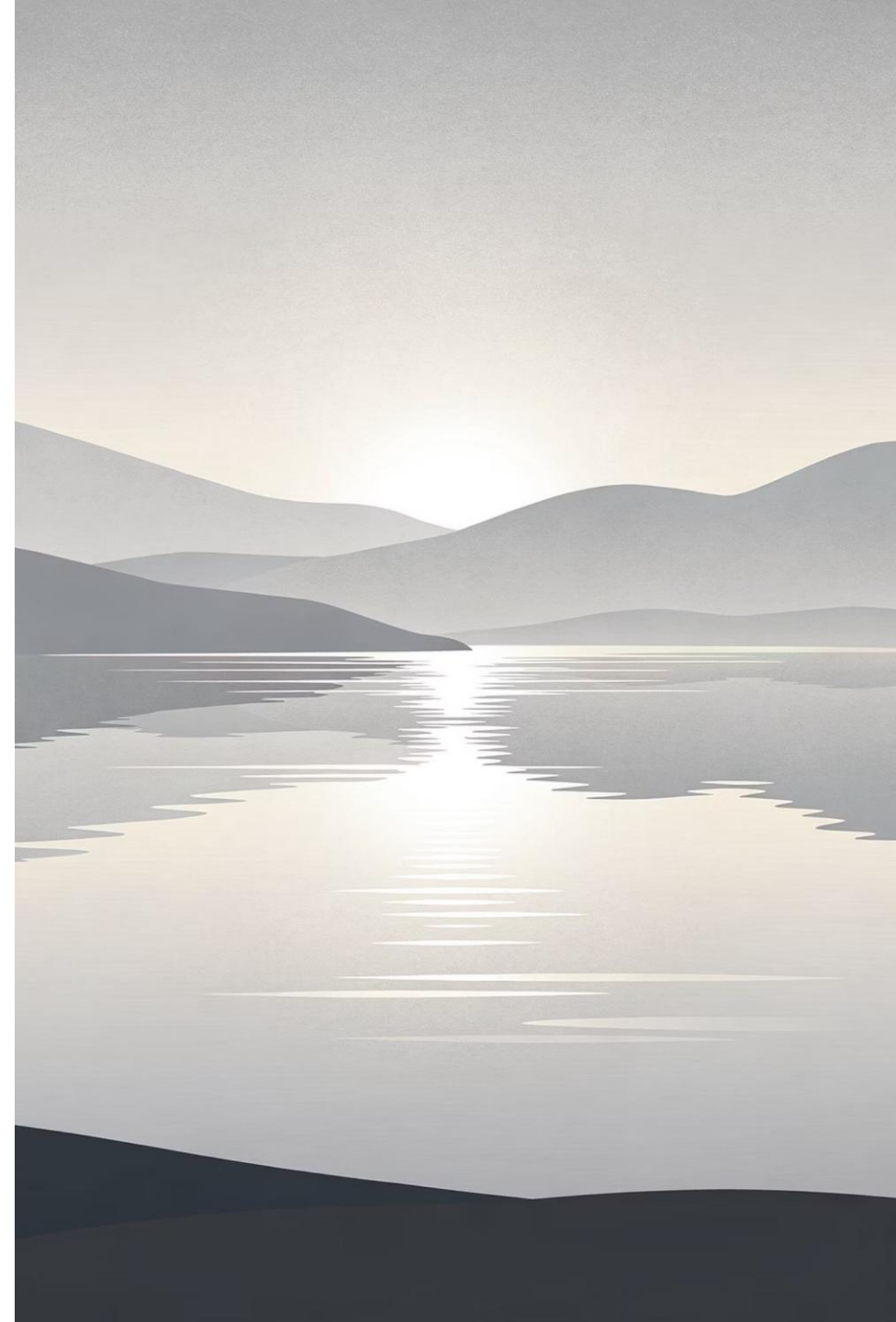
Blessed are the meek: for they shall inherit the earth  
(Matthew, 5: 5).

Blessed are the peacemakers: for they shall be called the children of God  
(Matthew, 5: 9).

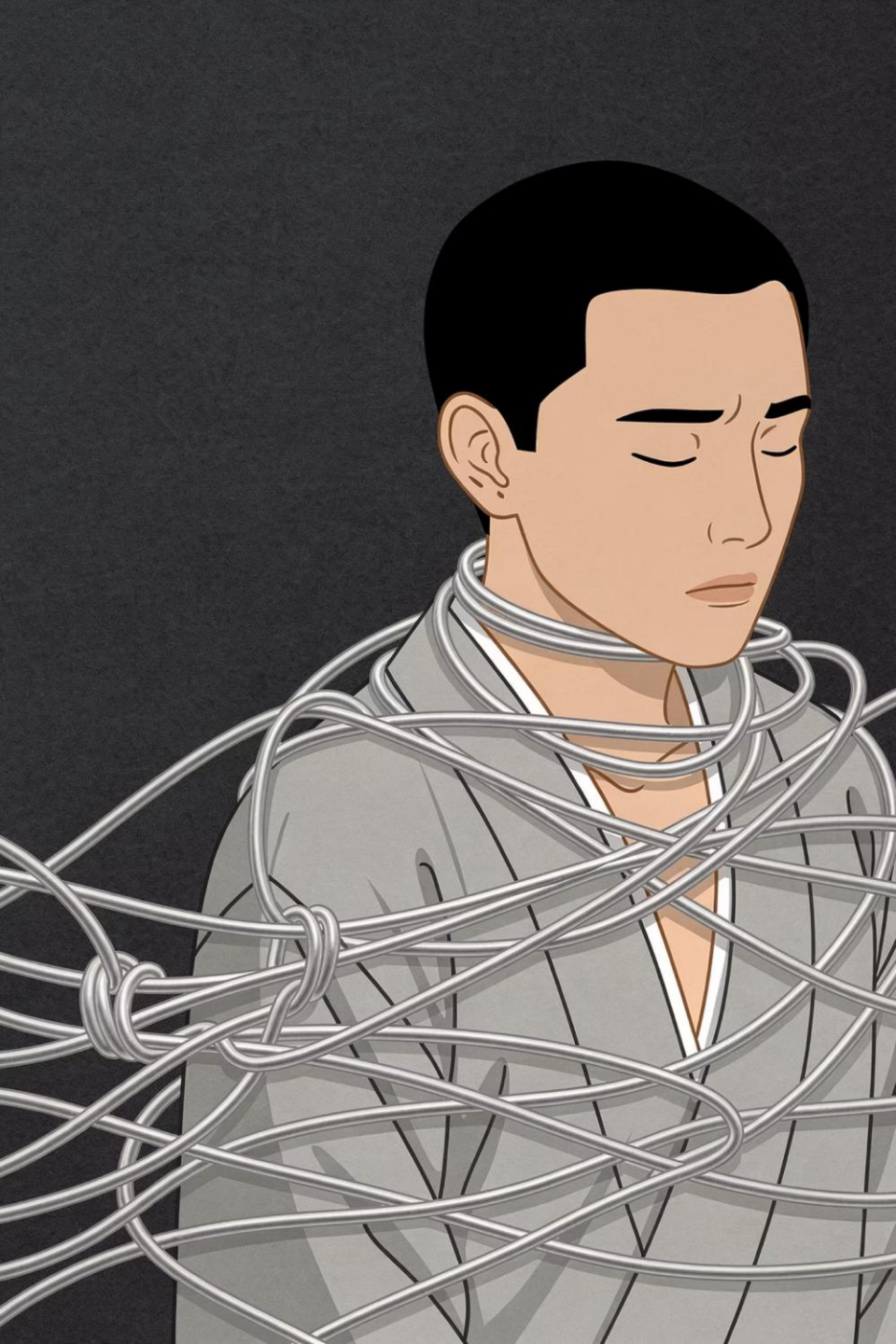
# GOSPEL- CHAPTER 9

## Instructions of the Spirits

- Affability and mildness
- Patience
- Obedience and resignation
- Anger







# THE HUMAN CONDITION

## Automatic Thoughts

The mind runs on scripts formed long before conscious awareness could intervene.

## Emotional Triggers

Certain words, tones, or situations ignite disproportionate responses rooted in the past.

## Conditioned Responses

We repeat familiar patterns, even harmful ones...  
They feel like home!

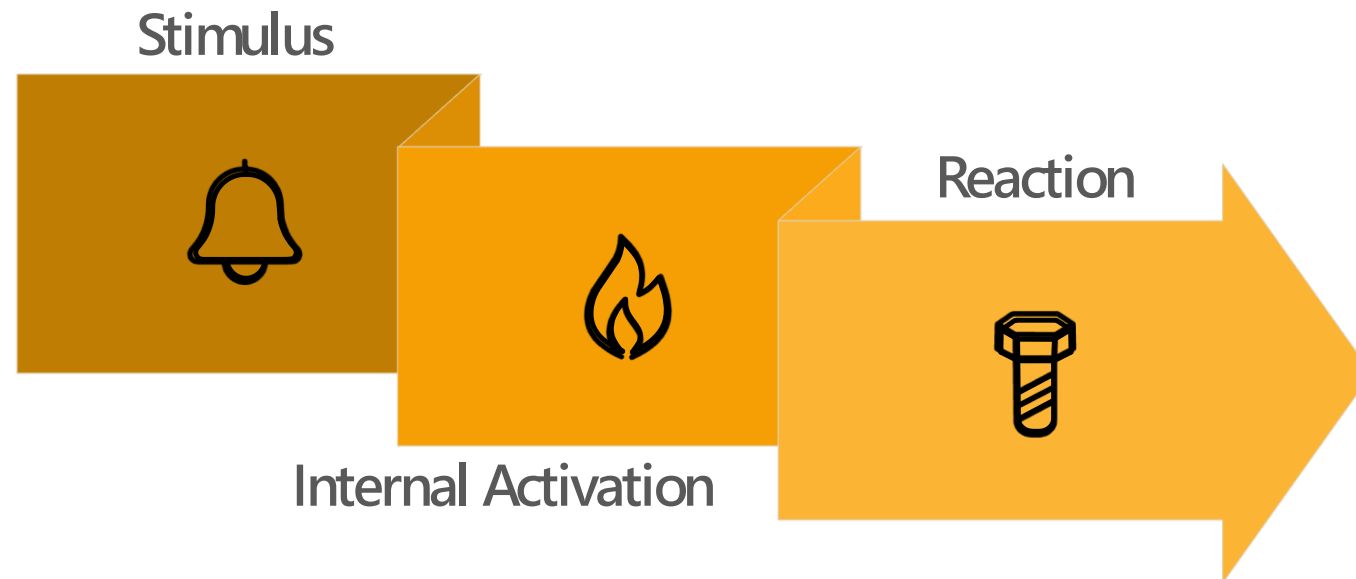
## Spiritist View

Our reactions are mirrors. They reveal the precise level of our moral and spiritual development.

# THE REACTIVITY MODEL

Between every stimulus and every response lies a space. In that space lives our freedom.

Most of the time, however, we never find that space  
we leap from trigger to reaction without pause, mistaking speed for intelligence.



# THE BEATITUDES AS STRUCTURE

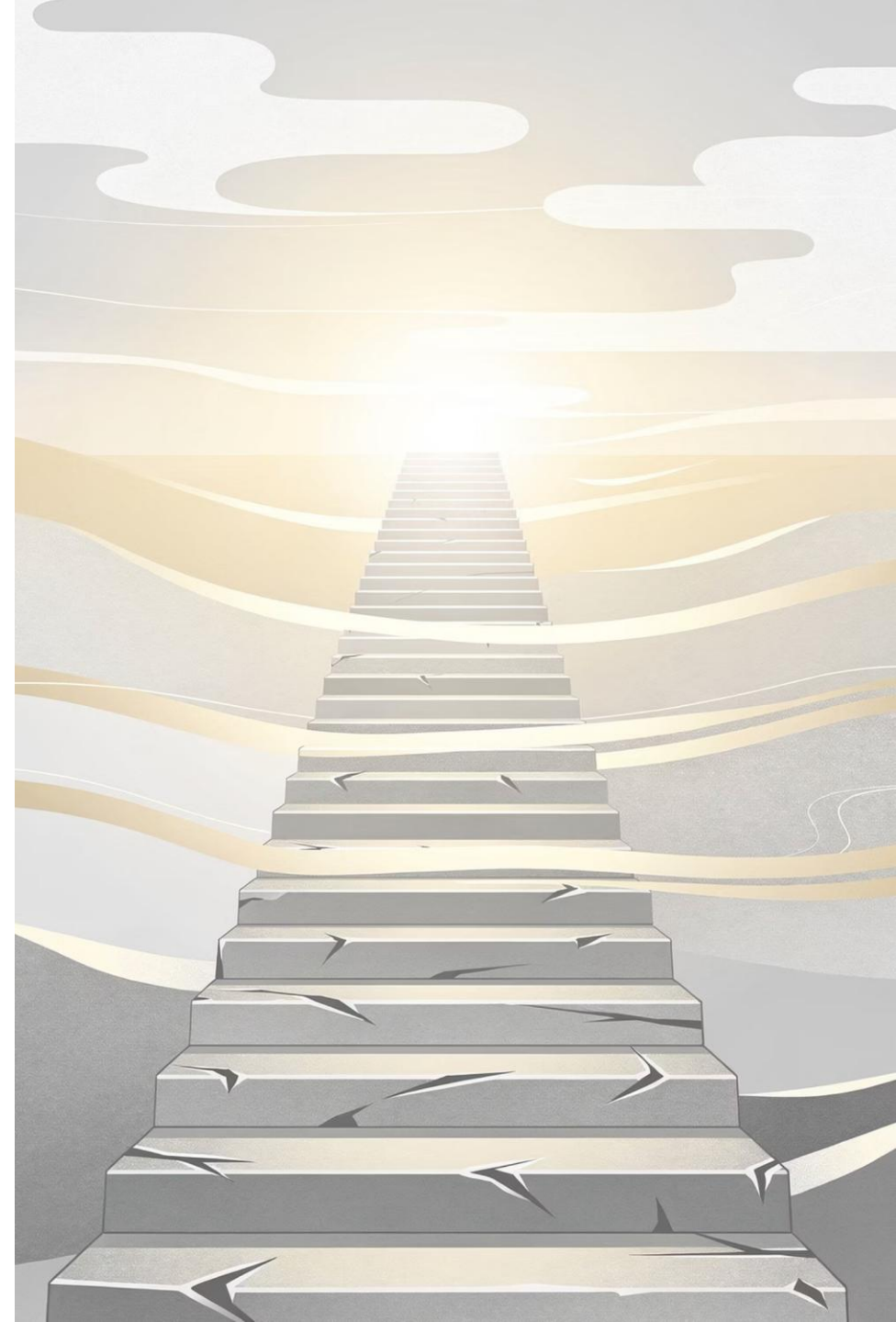
The Beatitudes are not a list of moral rules to obey — they are a map of map of transformation. Each beatitude describes a **state of being** that that naturally produces its corresponding outcome. They are less about what about what you do and more about what you become.

## Not Rules

The Beatitudes invite an interior revolution — a reorganization of the self from from the inside out.

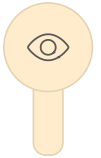
## Transformation Stages

Each beatitude is a threshold: threshold: Cross it inwardly, and the outer life changes as a as a natural consequence.





# THE DEVELOPMENTAL SEQUENCE



## **Awareness**

seeing the self clearly, without illusion.



## **Mourning**

Feeling the weight of what is unresolved, unhealed, or misaligned within.



## **Meekness**

Finding inner stability that neither collapses nor retaliates.



## **Direction**

Hunger and thirst for righteousness — aligning the will with something greater.



## **Expression**

Mercy, purity, and peace flow outward — the interior made visible in action.

# KNOWTHYSELF

## GOSPEL • QUESTION 919

"Each person must examine their own tendencies and imperfections, correct them daily, and submit to an honest honest self-examination every evening."

### Daily Self-Examination

Not as guilt, but as orientation. A nightly review of of thoughts, words, and reactions... Not to condemn, but condemn, but to **understand!**

### Correction of Tendencies

Growth is not a single leap but a patient, daily adjustment



# SELF-KNOWLEDGE: TWO WORLDS APART

## Without Self-Knowledge

- Spiritual and emotional blindness
- Repeating the same wounds and conflicts
- Blaming others for what lives within
- Growth is accidental, if it happens at all

## With Self-Knowledge

- Awareness of one's own patterns and triggers triggers
- The capacity to pause before reacting
- Targeted, meaningful inner correction
- Growth becomes intentional and sustained

# WHY SELF-KNOWLEDGE IS SO DIFFICULT?



## Cognitive Bias

We unconsciously filter information to confirm what we already believe about ourselves — protecting the familiar self-image.



## Denial

The psyche shields us from truths that feel too threatening to face — especially truths about our own our own responsibility in painful situations.



## Projection

What we cannot accept in ourselves we assign to others. The faults we see most sharply in others are others are often reflections of our own unexamined unexamined interior.



# MEEKNESS

**Meekness (noun):** the quality of being **meek** — quiet, gentle, and easily imposed on; or in a more positive sense, **gentleness and humility**.

is not weakness — it is **stability under disturbance**.

## What People Assume

Meekness is often mistaken for passivity, cowardice, or the absence of conviction. It looks like someone who never pushes back, never stands firm, never claims their place.

## What It Actually Is

Meekness is inner groundedness. It is the capacity to remain centered when the world around you — or within you — becomes turbulent. It is strength that has learned to be still.



# INTERNAL VIOLENCE



## Irritation

The friction that accumulates until it distorts everything we see and say.



## Impatience

The refusal to allow reality to unfold at its own pace... a subtle form of control.



## Resentment

Stored wounds that filter all all new experiences through through the lens of old pain.  
pain.

# MATURITY VS. DISCIPLINE

## Discipline Alone

Suppresses reaction through willpower. willpower. It manages the surface, but the underlying charge remains.

Discipline says: *"I will not act on this. this."*

## Genuine Transformation

Meekness at its deepest level means means the disturbance no longer arises arises in the same way.

Transformation says: *"This no longer longer moves me as it once did."*



# ACTION WITHOUT WAR

## Act

Engage fully with the world.  
Do not retreat into passivity.  
Presence is required.

## Intervene

Speak truth.  
Name what is wrong.  
Pursue justice with clarity and  
and conviction.

## Engage

Stay...!  
Do not escape into  
withdrawal when things  
become difficult.

All of this without aggression, without ego, and without the need to win.

# THREE PATHS BEFORE YOU

## War — React

The automatic path.

We win the moment and lose the relationship... or ourselves.



## Escape — Avoid

The familiar path of withdrawal.

We leave physically, emotionally, or spiritually.



## Peace — Act Consciously

The narrow, intentional path.

We remain present. We choose our response. We act from depth rather than from wound.



# PEACEMAKERS

**"Blessed are the peacemakers,  
for they shall be called children of God."**



## **They Engage Conflict**

Peacemakers do not avoid tension. They bring presence, clarity, and a willingness to stay when others flee.



## **They Restore Harmony**

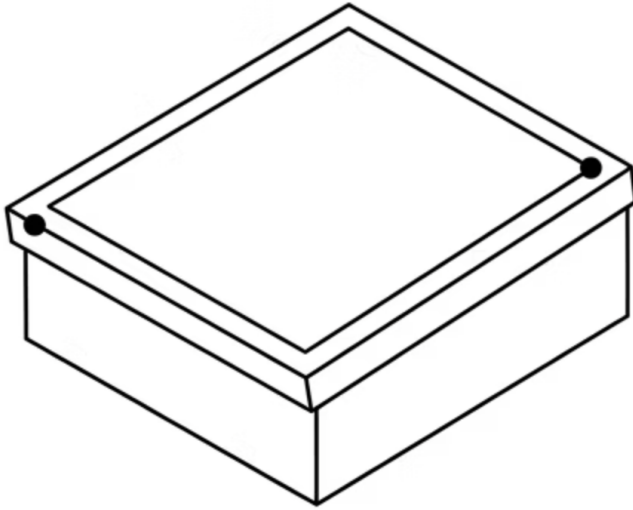
Not by forcing agreement, but by creating the conditions in which truth can surface and wounds can be acknowledged and healed.



## **They Transform Relationships**

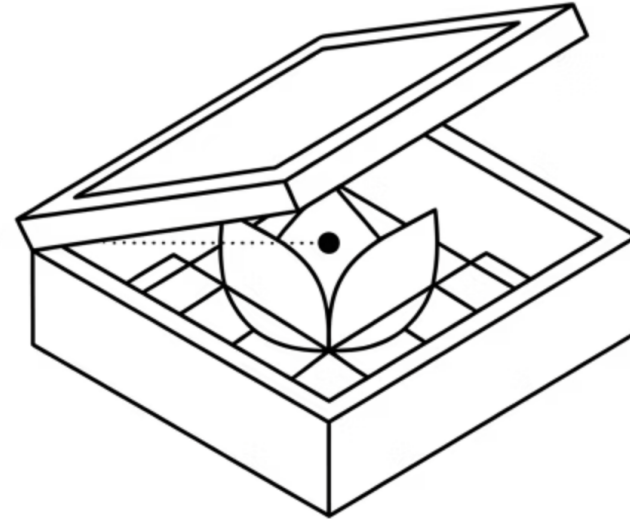
Relationships have the possibility of becoming something deeper, more honest, and more enduring than before.

# TRUE PEACE VS. FALSE PEACE



## FALSE PEACE

- Avoidance, suppression
- Unresolved tension
- Surface calm
- Fragile and temporary



## TRUE PEACE

- Alignment, truth-telling
- Resolved tension
- Deep calm
- Durable and transformative



# THE FULL SYSTEM



**Self-Knowledge**

**Meekness**

**Conscious  
Action**

**Peacemaking**

## FINAL REFLECTION

"Peace is not something you find after the conflict. It is something you carry into it — or it is not there at all."

**Peace Is Built Before the Conflict**

**You Reveal What You Carry**



# WORDS OF ETERNAL LIFE- EMMANUEL

However many the pains that afflict your soul may be, calm yourself in prayer and bring peace to the scenes of your own struggle.

If someone wounds you, bring peace by forgiving.

If someone slanders you, bring peace by serving.

If someone belittles you, bring peace by understanding.

If someone irritates you, bring peace by remaining silent.

Forgiveness and work, understanding and humility are the unspoken voices of your own defense.

Blow upon blow are wounds upon wounds.

Violence added to violence becomes madness.

Do not raise your hand to strike, nor open your mouth to humiliate.

In the face of every disturbance, be silent and wait, always helping.

Time ripens the green fruit, changes the face of the swamp, softens the rock, and covers the withered branch with new flowers.

Criticism is a climate of bitterness.

Sourness is the beginning of a curse.

Wherever you are, bring peace.

Whatever the offense may be, bring peace.

And in the end, you will realize that ***the peace of the world is a gift from God, beginning within you.***



Have a great Sunday!