

“Queen of peace, pray for us”

Holy Mary is the Queen of peace, and thus the Church invokes her. So when your soul or your family are troubled, or things go wrong at work, in society or between nations, cry out to her without ceasing. Call to her by this title: Regina pacis, ora pro nobis -- Queen of peace, pray for us." Have you at least tried it when you have lost your calm? You will be surprised at its immediate effect. (Furrow, 874)

May 27

There is no peace in many hearts which vainly strive to make up for their intranquility of soul by continuous activity, by seeking a thin satisfaction in things which do not fill them but only leave a bitter aftertaste of sorrow...

Christ, who is our peace, is also the way. If we seek peace we have to follow his footsteps. Peace is a consequence of war, of struggle, of the intimate ascetical struggle which each Christian must keep up against everything in his life which does not belong to God. He is called to overcome pride, sensuality, selfishness, superficiality and meanness of heart. It is useless to call for exterior calm if there is no calm in men's consciences, in the centre of their souls, for "from the heart come

evil intentions: murder, adultery,
fornication, theft, perjury, slander.”
(Christ is passing by, 73)

pdf | document generated
automatically from [https://
dev.opusdei.org/en-ca/dailytext/queen-
of-peace-pray-for-us/](https://dev.opusdei.org/en-ca/dailytext/queen-of-peace-pray-for-us/) (08/08/2025)