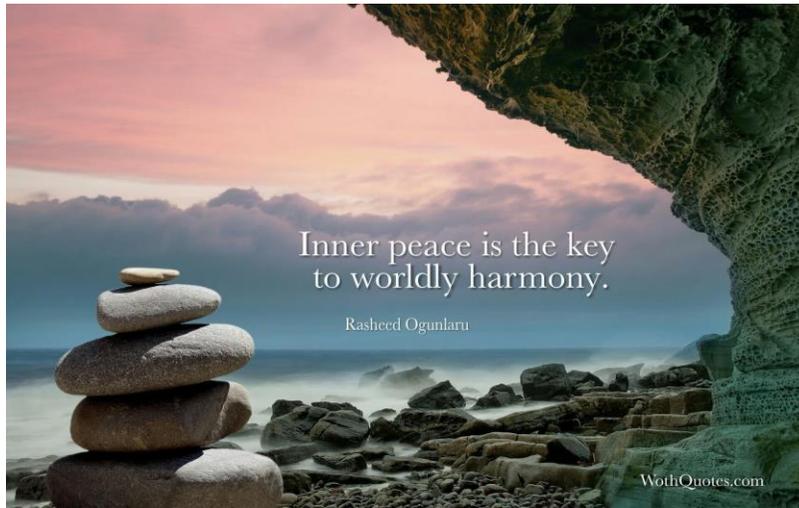


**Aldersgate UMC of Butte, Montana**  
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**Pastor Matthias Krier**  
**July 18, 2021**

**Message Slide**

**Living in Harmony**



1 10 20 30 40 50 60 70 80 90 100  
Sorely lacking in peace .....Deep Inner Peace

\*

Inner peace is the key to living in harmony with God, the world and one another. So on a scale from 1 to 100 where are you? One being virtually no inner peace whatsoever and 100 being the peace that surpasses all understanding, the peace that Jesus spoke of in John 14:27; *“Peace I leave with you, my peace I give to you, not as the world gives do I give to you.”*

So make a mental note of where you are on this scale. **Done?** What is really fun is to have your best friend or spouse or one of your kids tell you where you are on this scale. Ask them and see what he or she or they says about this.

Some say that inner peace begins at home and is hinted at in this cartoon:



Last week's theme was on peace and serenity and how it is no matter the circumstances of life, we can know peace through knowing God. At least that is what I hope you got out of it. We prayed the Serenity Prayer together. We prayed my breath prayer together where we breathed in peace and exhaled joy. Incidentally, I use that prayer numerous times on a daily basis when I feel anxious for whatever reason. Breathing in peace and exhaling joy leads to a sense of living in harmony with God, with creation and with one another. As the opening slide suggests: *"Inner peace is the key to worldly harmony."* At the end of the service last week we sang, *"Let There Be Peace on Earth and let it begin with me."*

I summarize last week's service because this is the foundation of being able to achieve harmony in our world. It is the bridge to achieving harmony with all that is.

What exactly does it mean to live in harmony? I pulled this from the Collins English Dictionary:

*If people are **living in harmony** with each other, they are **living** together peacefully rather than fighting or arguing. We must try **to live** in peace and **harmony** with ourselves and those around us.*

Deep down, each of us knows that if we don't learn to live in harmony with mother earth with one another and with God, we are doomed. We live now in a much more fragile world along with a much more fragile democracy than some decades ago.

Whether we are talking about our fragile planet or whether we are talking about our fragile democracy, we are not living in harmony with either.



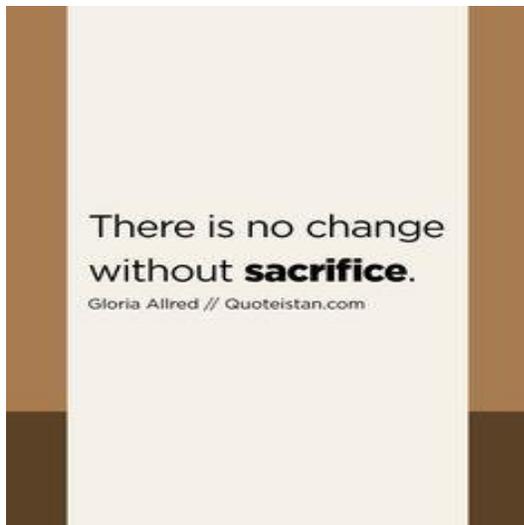
**LIFE BLOSSOMS WHEN IT  
IS IN A STATE OF  
HARMONY AND BALANCE**

ANGIE KARAN KREZOS  
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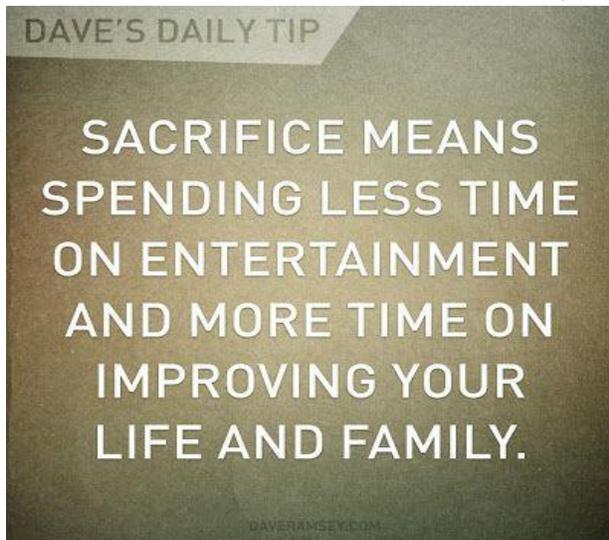
Whether we are making strides in doing what is needed to save our planet or in saving our democracy, there is one word I do not hear very often in this discussion on saving our planet. It is not a word that is embraced in this “me generation” of what’s in it for me. Furthermore, our planet as well as our democracy will not flourish without this:



Look, nothing great has ever been accomplished without sacrifice!

We are at a crossroads in our history and what we do today and tomorrow in the way of sacrifice can go a long way in living in harmony and balance with Mother Earth.

I am not sure my generation has had to truly experience what it means to sacrifice for others as previous generations have done with two world wars and a depression. As Christians, if we are to save our planet as well as our democracy, we are going to need to sacrifice some things that are convenient as well as time to bring about a better world:



I am probably preaching to the choir here when I say, Christ was the ultimate sacrifice for our wholeness and showing us a different Way to live and move and have our being in this world.

When Jesus taught, “thy kingdom come, thy will be done, on earth as it is in heaven,” it means a vision, the vision of Christ in bringing the kingdom of God to earth where we can live and breathe in harmony with our Creator, with the all of Creation and with one another.

Today, I invite you as you wait to come forward for Holy Communion to take your insert and re-read Colossians 3:12-17 and the underlined passages are action items where you can meditate on one of these today and maybe another one for tomorrow and then another one for Tuesday. If you desire to live in harmony with all that is, I invite you to meditate on what the author of Colossians is asking us to be in perfect harmony over this next week.

If you have not already done so, could you find the insert with the scripture for today and re-read verse 12 with me:

12 As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience.

For me, the Spirit is asking me to clothe myself with meekness. Anyone remember what the word *meekness* means from the Greek?

***It means “Gentle Strength.”***

I have wrapped myself with a prayer shawl given to my sister, Kathy, by the Trinity United Methodist Church in Loveland when her husband died some years ago. Kathy wore this to her husband’s Memorial Service. Then when Kathy died a couple of years later, my siblings gave the prayer shawl back to me. I have treasured having something that was sacred and holy from my sister Kathy. Incidentally, Kathy’s birthday would have been this coming Tuesday. Making prayer shawls through a Prayer Shawl Ministry has

touched the lives of those who are hurting, who are sick and those who are dying. If there are those out there listening who could begin such a ministry, please let the church office know or myself and we can provide you with some materials and contact information of those who have had this vital ministry in their church.

**Let us pray:** Oh gracious and everlasting God, may we learn how to live in harmony with our Creator, with Creation and with one another. Help us to take seriously the words in the Lord's Prayer, "*thy kingdom come, thy will be done, on earth, as it is in heaven.*" May your kingdom come where we can breathe clean air and this planet is a safe place to live for thousands and thousands of years! May we make the necessary sacrifices to bring peace and harmony to a troubled world. In your name we pray. Amen.