

A RESOURCE CREATED BY



A CONTEMPLATIVE AND CREATIVE LENT PRACTICE FOR

prayer + peacemaking



***Blessed are the peacemakers, for
they shall be called Children of God.
- Matthew 5:9***

Lent is a season intended to transform.

The great invitation in Lent is to let go of the things preventing us from experiencing and contributing to the peace of the Kingdom of God. It is a season to "fast" from broken and misaligned habits inhibiting transformation in our communities and us.

God's intention for us is Shalom.
The Hebrew word Shalom is the sum of:
peace, harmony,
wholeness, completeness,
prosperity, welfare, abundance,
tranquillity, the perfection of God's creation.

What might you need to let go of to become a peacemaker this year?

God longs to extend shalom (peace) to us even as we do the hard work of being obedient to cutting out anything preventing us from being peacemakers.

The following pages will guide you in designing a personalized lenten prayer practice to become more of a peacemaker this season.

There are four parts to the prayer liturgy: three that stay the same and one that changes the scripture to accompany your practice for each week of Lent.

1. ***Settle***
2. ***Wait on God with scripture***
3. ***Respond creatively***
4. ***Closing prayer of intention***

You could pray this way once a week (e.g. on each Sunday of Lent) or dive deep into the scripture and repeat your practice daily.

1 - settle into the space

Is there a song that helps you to focus on the intention of God's peace?

One suggestion is Taize's "The Kingdom of God," but you could use any song that helps you re-orient and settle your mind and body to wait on God and receive Their peace.

2 - wait on God

1. Read the week's scripture on peacemaking. Each week's scripture can be found on page 4 onwards.
2. Ask God which aspect of the scripture they want you to focus on for your fast this coming week.
3. Stay in a listening posture and silence until you feel like you have an invitation to let go of something for the week.
4. Hold before God a specific situation in your community and the world that needs greater shalom (peace.) Ask God to bring greater peace there.

3- respond creatively

Choose any creative response to express what this fast looks like in your life.

You could choose to do this immediately as a response for 15 minutes or take this creative practice out into the world to do throughout the week.

Here are a few ideas:

Take pictures throughout the week of expressions of peacebuilding that you saw because of your fast.

Write a poem, paint, collage or draw what it might feel like to grow in peace in this area.

Write a poem or visually communicate what peace would look like in the local or global situation that came to mind.

Sculpt something with clay as a response.

Give to an organization that is working for restoration and peace in the world.

4- closing prayer of intention to build peace this week

To end this time, is there an action you could do while praying to help your body feel at peace? Examples could be stroking your forehead, stretching, rubbing your muscles, putting lotion on your hands, or placing gentle pressure on a pressure point.

Here are two options to use to close in prayer from Franciscan Spirituality.

FRANCISCAN BENEDICTION

May God bless us with discomfort
At easy answers, half-truths, and
superficial relationships
So that we may live from deep within our
hearts.
May God bless us with anger
At injustice, oppression, and exploitation
of God's creations
So that we may work for justice, freedom,
and peace.
May God bless us with tears
To shed for those who suffer pain,
rejection, hunger, and war,
So that we may reach out our hands to
comfort them and
To turn their pain into joy.
And may God bless us with just enough
foolishness
To believe that we can make a difference
in the world,
So that we can do what others claim
cannot be done:
To bring justice and kindness to all our
children and all our neighbors who are
poor.

Amen.

ST FRANCIS' PRAYER

Lord, make me an instrument of your
peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so
much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to
eternal life.

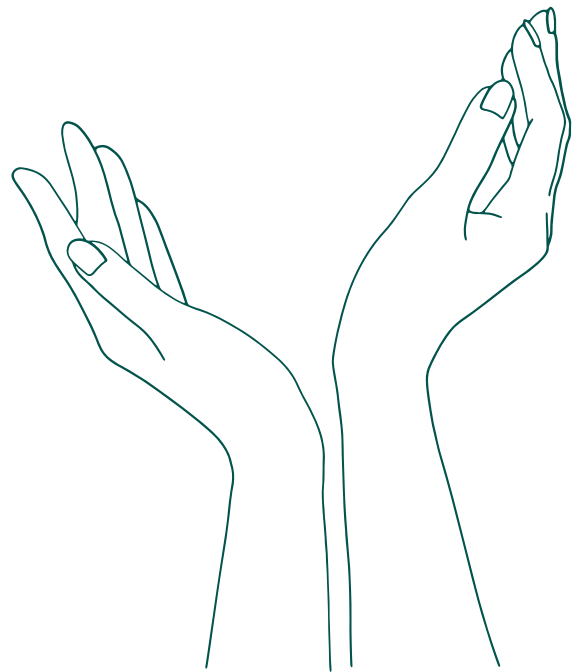
Amen.

WE ARE TRANSFORMED IN
COMMUNITY -

*Share this devotional with a
companion you wish to share this
Lenten prayer and peacemaking
journey with!*

scriptures to engage with each week

FOR PART 2 OF YOUR PRAYER PRACTICE



FEBRUARY 22ND

ash wednesday

One day the Eternal God scooped dirt out of the ground, sculpted it into the shape we call human, breathed the breath that gives life into the nostrils of the human, and the human became a living soul.

- GENESIS 2:7, THE VOICE TRANSLATION



Choose one aspect from the passage that seems to be most invitational for you to become more of a peacebuilder:

What might you need to let go of to take up humility this week?

What might you need to let go of to breathe in more life this week?

What might you need to stop to embrace your frailty this week?

FEBRUARY 26TH

first sunday of lent

“Shout! A full-throated shout!

Hold nothing back—a trumpet-blast shout!

Tell my people what’s wrong with their lives,
face my family Jacob with their sins!

They’re busy, busy, busy at worship,
and love studying all about me.

To all appearances they’re a nation of right-
living people—

law-abiding, God-honoring.

They ask me, ‘What’s the right thing to do?’
and love having me on their side.

But they also complain,

‘Why do we fast and you don’t look our
way?’

Why do we humble ourselves and you
don’t even notice?’

“Well, here’s why:

“The bottom line on your ‘fast days’ is profit.

You drive your employees much too hard.
You fast, but at the same time you bicker
and fight.

You fast, but you swing a mean fist.

The kind of fasting you do

won’t get your prayers off the ground.

Do you think this is the kind of fast day I’m
after:

a day to show off humility?

To put on a pious long face

and parade around solemnly in black?

Do you call that fasting,

a fast day that I, God, would like?"

- ISAIAH 58:1-5, THE MESSAGE

Choose one aspect from the passage that seems to be the most
invitational for you to become more of a peacebuilder:

*What might you need to let go of to be able
to shout about injustice this week?*

*What might you need to let go of to stop wishing the world
revolved around your needs this week?*

*What might you need to let go of
to stop fighting with someone this week?*

*What action contributing to someone else’s oppression might you
need to stop this week?*

MARCH 5TH

second sunday of lent

“This is the kind of fast day I’m after:
to break the chains of injustice,
get rid of exploitation in the workplace,
free the oppressed,
cancel debts.

What I’m interested in seeing you do is:
sharing your food with the hungry,
inviting the homeless poor into your
homes,
putting clothes on the shivering ill-clad,
being available to your own families.

Do this and the lights will turn on,
and your lives will turn around at once.

Your righteousness will pave your way.
The God of glory will secure your passage.

Then when you pray, God will answer.

You’ll call out for help and I’ll say, ‘Here I
am.’

If you get rid of unfair practices,
quit blaming victims,
quit gossiping about other people’s sins,

If you are generous with the hungry
and start giving yourselves to the down-
and-out,
Your lives will begin to glow in the darkness,
your shadowed lives will be bathed in
sunlight.

I will always show you where to go.

I’ll give you a full life in the emptiest of
places—

firm muscles, strong bones.

You’ll be like a well-watered garden,

a gurgling spring that never runs dry.

You’ll use the old rubble of past lives to build
anew,

rebuild the foundations from out of your
past.

You’ll be known as those who can fix
anything,

restore old ruins, rebuild and renovate,
make the community livable again."

- ISAIAH 58:6-12, THE MESSAGE

Choose one aspect from the passage that seems to be the most
invitational for you to become more of a peacebuilder:

*What might you need to let go to be a person who loosens
the bonds of injustice this week?*

What might you need to let go of to be a person of mercy this week?

Is there something you might need to let go of to ask God for help this week?

*What might you need to let go of this week
to believe in these promises for you?*

MARCH 12TH

third sunday of lent

The Lord then recruited and deployed 70 more disciples. He sent them ahead, in teams of two, to visit all the towns and settlements between them and Jerusalem. This is what He ordered.

Jesus: "There's a great harvest waiting in the fields, but there aren't many good workers to harvest it. Pray that the Harvest Master will send out good workers to the fields.

It's time for you 70 to go. I'm sending you out armed with vulnerability, like lambs walking into a pack of wolves. Don't bring a wallet. Don't carry a backpack. I don't even want you to wear sandals. Walk along barefoot, quietly, without stopping for small talk. When you enter a house seeking lodging, say, "Peace on this house!" If a child of peace—one who welcomes God's message of peace—is there, your peace will rest on him. If not, don't worry; nothing is wasted.

Stay where you're welcomed. Become part of the family, eating and drinking whatever they give you. You're My workers, and you deserve to be cared for. Again, don't go from house to house, but settle down in a town and eat whatever they serve you. Heal the sick and say to the townspeople, "The kingdom of God has come near to you."

Of course, not every town will welcome you. If you're rejected, walk through the streets and say, "We're leaving this town. We'll wipe off the dust that clings to our feet in protest against you. But even so, know this: the kingdom of God has come near." I tell you the truth, on judgment day, Sodom will have an easier time of it than the town that rejects My messengers.

- LUKE 10:1-12. THE VOICE

Choose one aspect from the passage that seems to be the most invitational for you to become more of a peacebuilder:

What might you need to let go of to be more courageous?

What might you need to let go of to become a person of greater faith?

What might you need to let go of to become more willing to be vulnerable?

What might you need to let go of to become present with strangers?

MARCH 19TH

fourth sunday of lent

Choose another aspect of fasting in the Luke 10:1-12 passage to focus your practice this week. Here is the First Nations Version if you wish to interact with the scripture from a different lens.

THE GREAT HARVEST

After this, Creator Sets Free (Jesus) chose 70 men from the ones who walked the road with him. He sent them out, two by two, to prepare the way for him in the villages he was about to visit on his way to the Sacred Village of Peace (Jerusalem).

He said to them, "There is a great harvest before us, but there are not enough helpers. Prayer for the Harvest Chief, so he will send more helpers. Go and represent me. You will be like lambs walking among wolves. Take no money pouch or travelling bundle with you- not even a second pair of moccasins. Waste no time greeting others on the way.

When you lodge with someone, say to them first, "Peace be to this house." If people of peace live there, you will be welcomed. If not, your blessing of peace will return to you as you leave. Stay with the ones who welcome you. There is no need to move around from house to house. Share their food and drink with them, for the ones who work hard are worth feeding.

In any village that welcomes you, eat whatever they set before you. Offer healing prayers for any who are sick and say to them, "Creator's good road has come close to you."

If you enter a village and no one welcomes you, go into the village pathways and say, 'We must wipe the dust of your village from our clothes as a sign against you, for Creator's good road has come close to you, but you would not welcome it.' I speak from my heart, that village will face a worse end than Village of Bad Spirits (Sodom).

- LUKE 10:1-12, FIRST NATIONS VERSION

MARCH 26TH

fifth sunday of lent

“Pay close attention now:

I’m creating new heavens and a new earth.

All the earlier troubles, chaos, and pain are things of the past, to be forgotten.

Look ahead with joy.

Anticipate what I’m creating:

I’ll create Jerusalem as sheer joy, create my people as pure delight.

I’ll take joy in Jerusalem, take delight in my people:

No more sounds of weeping in the city, no cries of anguish;

No more babies dying in the cradle, or old people who don’t enjoy a full lifetime;

One-hundredth birthdays will be considered normal—

anything less will seem like a cheat.

They’ll build houses and move in.

They’ll plant fields and eat what they grow.

No more building a house that some outsider takes over,

No more planting fields that some enemy confiscates,

For my people will be as long-lived as trees, my chosen ones will have satisfaction in their work.

They won’t work and have nothing come of it, they won’t have children snatched out from under them.

For they themselves are plantings blessed by God, with their children and grandchildren likewise God-blessed.

Before they call out, I’ll answer.

Before they’ve finished speaking, I’ll have heard.

Wolf and lamb will graze the same meadow, lion and ox eat straw from the same trough, but snakes—they’ll get a diet of dirt!

Neither animal nor human will hurt or kill anywhere on my Holy Mountain,” says God.

- ISAIAH 65:17-25, THE MESSAGE

Choose one aspect from the passage that seems to be the most invitational for you to become more of a peacebuilder:

What might you need to let go of to believe in this prophecy?

What might you need to let go of to be more confident in God?

What might you need to let go of to host a meal for your enemy?

APRIL 2ND

sixth sunday of lent: palm sunday

Even though Creator Sets Free (Jesus) has always been the same as the Great Spirit and shared everything equally with him, he did not even think of holding on to this in a selfish way.

Instead, he emptied himself, became nothing, and gave up all he had. Then, having been born as a human being, he took on himself the lowly form of a servant.

As a True Human Being, he lowered himself even more by following the guidance of the Great Spirit, even when death was waiting for him at the end of the trail, death on a tree-pole - the cross!

Because Creator Sets Free (Jesus) did this, the Great Spirit gave him an honoured place above all others and bestowed on him a name greater than all other names so that all who live in the spirit-world above, on the earth below, and underneath the earth will bow their knee to Creator Sets Free (Jesus) in honour of his name.

Then everyone, in their native language, will shout out loud that Creator Sets Free (Jesus) the Chosen One is Grand Chief over all the earth. This will bring honour and praise to our Father the Great Spirit.

- PHILIPPIANS 2:6-11, FIRST NATIONS VERSION



Choose one aspect from the passage that seems to be most invitational for you to become more of a peacebuilder:

What might you need to let go of to stop arranging things towards your own advantage?

What might you need to let go of to be obedient to a particular call God has given you?

What might you need to let go of to allow the glory to go to God and not your own abilities?

What might you need to let go of to serve someone this week?

THANK YOU FOR JOINING US ON THIS LENTEN JOURNEY!

next steps towards peacemaking

Need some help imagining what holistic peace looks like in a community?

Be inspired by our "9 Signs of a Transforming Community", a framework with markers of an urban community changing in positive, sustainable ways.

[Learn more at servantpartners.ca/about](https://servantpartners.ca/about)

Continue the peacemaking journey with our Eastertide Devotional

Our devotional, "Renewal Together: 8 practices for living into Easter Resurrection", is designed to companion you in celebrating Easter and pursuing renewal and peace in your life and in our communities through embodied reflection and action.

[Download now at servantpartners.ca/devotional](https://servantpartners.ca/devotional)

Looking for formation and training for skills in taking the next steps towards community transformation?

We offer various workshops throughout the year as well as our Community Transformation Certificate (CTC). The CTC equips you to engage an under-resourced community by listening to the strengths and groanings of your neighbours and co-create a seed project in response.

[Sign up for the next opportunity at servantpartners.ca/training](https://servantpartners.ca/training)

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- Matthew 5:9*

