

A RESOURCE CREATED BY



A WEEKLY CONTEMPLATIVE AND CREATIVE LENT PRACTICE FOR

# *becoming a peacemaker in a time of polarization*



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

Lent is a season of spring cleaning for the soul. It's about making space for God to transform what only we can control during a time of polarization - ourselves.

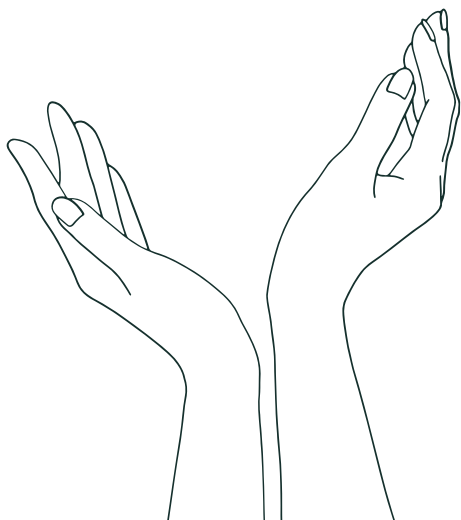
The great invitation in Lent is to let go of the things preventing us from experiencing peace so that we can build peace hand in hand with Jesus. It is a season to "fast" from broken and misaligned habits inhibiting transformation in ourselves and our communities. The way of Christian spirituality is going down through discomfort before we experience resurrection. Joseph, Israelites in the desert, Jesus in the wilderness and ultimately the cross. This is our downward path towards peace.

**GOD'S INTENTION FOR  
US AND OUR WORLD  
IS SHALOM:  
PEACE, HARMONY,  
ABUNDANCE,  
AND HOLISTIC  
WELFARE**

In our ever-changing world, once theoretical or distant divisions have become personal and impact our relationships with friends, families, colleagues, and neighbours. Inhumane suffering from wars in Palestine, the Middle East, Africa and Ukraine continue to challenge our hope for a peaceful world. These divisions are painful, and it can seem impossible to know how to talk with one another about them. Humility, empathy, courage and patience are in short supply but desperately needed.

What are we willing to release to cultivate peace in our corners of the world?

As we quiet down and lessen our grip on our ideas and agendas, God promises to bring us shalom (peace). May this resource be a source of hope, a strength for your weariness and comfort for your wounds as you make space for God's peace to restore you.



## **DESIGN A PERSONALIZED LENTEN PRAYER PRACTICE FOR BECOMING A PEACEMAKER EACH WEEK.**

This Lenten practice consists of four parts. Parts 1, 3, and 4 stay the same, while part 2 focuses on a different scripture each week. You could engage in this prayer practice either weekly or daily for a slower practice. It could take 15 minutes one day a week, or you could linger in part 1 & 2 for a few days and then take the remainder of the week to create your response. Creating new habits requires regular action and deep work and simple acts flowing from a heart of love change the world.

### *1 - settle into the space*

We will start by taking a moment to check in with your body, welcoming whatever sensations we notice and resting in the moment as it is.

Feel free to download our [Centering\\_playlist](#) if you are looking for Canadian music to help bring you to calm.

### *2 - listen to God*

Each week, a scripture related to peacemaking is provided for reflection. Practice listening in silence until you feel called, and pray for a specific situation needing peace.

### *3- respond creatively*

Express your response to scripture creatively to access different parts of your brain and understanding beyond words.

### *4- Pray the words of our peacemaking heroes*

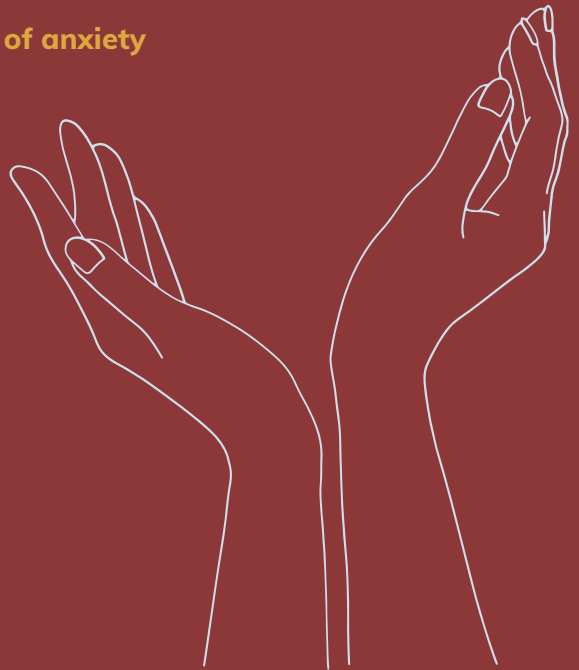
Many heroes of faith have gone before us in Jesus' call to be peacemakers. We will end by joining our words with theirs.

## *Henri Nouwen on Prayer:*

**When we pray, we connect our whole life with God's life. God's love can flow through our veins -our spiritual veins - through our heart and our being. We will discover a whole new way of being. We can live our struggles in a completely new way. All distinctions we make about our well-being "I am happy," "I am sad" - can in some way be transcended into something very new.**

**Take your worries and convert them into prayer. Take your fear and connect it with God's fear. Take your depression and see it in the presence of God's dying on the cross. Bring it to the Presence who has suffered all and lived it all. You will discover that in the presence of Jesus you can live beyond pain and joy, sadness and gladness. When you pray, you connect your life with God's life. You live in a new way.**

**From Following Jesus: Find our way home in an age of anxiety**



# *ash wednesday*



## **1 - SETTLE INTO THE SPACE**

Find a moment of silence, or use a quiet song to settle. You could use "Dust" by Hymns for the Architect

As you take some deep breaths, notice where there is any tension in your body. What could you do to give that area some love and help it ease into peace?

## **2 - LISTEN TO GOD**

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 part of the text that sparks your interest in improving your role as a peacemaker. Feel free to use one of these questions as a guide.

*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?*

Stay in a listening posture until you feel like you have an invitation for the week.

Is there a situation or people in your family, neighbourhood or world that could use this movement towards peace? Hold them before God in intercessory prayer.

# *ash wednesday continued*

## 3- CREATIVE RESPONSE

If you have some clay, playdoh or want to whip up a quick batch of salt dough and sculpt a very simple symbol to remember what you heard this week.

Or, find a dusty corner or shelf in your home and draw a symbol with your finger in the dust.

## 4 - CLOSING PRAYER: A NON-TRADITIONAL BENEDICTINE BLESSING

*This was written by Benedictine Sister Ruth Fox (1936-2023) for a student group.*

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.

**“Polarization does  
not simply make  
conversation difficult;  
it robs us of seeing  
the other’s humanity  
—  
and it robs us of our  
own humanity.”  
-Dr. Betty Pries.**



# *first sunday of lent*

## **1 - SETTLE INTO THE SPACE**

Find a moment of silence, or use a quiet song to settle. You could use [“Surrendered \(Flute Song\)” by Broken Walls](#)

As you take some deep breaths, notice where there is any tension in your body. Can you welcome the tension without needing to change it? Notice if the sensation intensifies or changes in any way.

## **2 - LISTEN TO GOD**

“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?”

“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.

# *first sunday of lent continued*

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 58:1-12, THE MESSAGE



## **3- CREATIVE RESPONSE**

Take photos, paint, draw or collage what  
it might feel like to grow in this invitation  
this week?

“When people are kept in abject  
poverty and illiteracy while  
others grow rich and “develop  
their personalities” at the  
former’s expense we speak of  
oppression; when structures  
and persons that perpetuate  
powerlessness are replaced by  
structures that allow people to  
stand on their own feet and  
have their own voice, we speak  
of liberation.”  
-Miroslav Volf

Choose one part of the text that sparks your  
interest in improving your role as a peacemaker.  
Feel free to use one of these questions as a guide.

*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 you this week?*

*What could you release to embody mercy this week?*

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

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

Stay in a listening posture until you feel like you  
have an invitation for the week.

Is there a situation or people in your family,  
neighbourhood or world that could use this  
movement towards peace? Hold them before God  
in intercessory prayer.

## **4 - CLOSING PRAYER: TERESA OF AVILA**

May today there be peace within.  
May you trust God that you are exactly where you are  
meant to be.  
May you not forget the infinite possibilities that are born  
of faith.  
May you use those gifts that you have received, and  
pass on the love that has been given to you.  
May you be content knowing you are a child of God.  
Let this presence settle into your bones, and allow your  
soul the freedom to sing, dance, praise and love.  
It is there for each and every one of us.  
Amen



# *second sunday of lent*

## **1 - SETTLE INTO THE SPACE**

Find a moment of silence, or use a quiet song to settle. You could use [“Take it Easy” by Matt Maher & Porter’s Gate if you like.](#)

As you take some deep breaths, notice where there is any heaviness in your body. Take a moment to be grateful for your body unconditionally.

## **2 - LISTEN TO GOD**

Jesus eventually came to His hometown, Nazareth, and did there what He had done elsewhere in Galilee—entered the synagogue and stood up to read from the Hebrew Scriptures.

The synagogue attendant gave Him the scroll of the prophet Isaiah, and Jesus unrolled it to the place where Isaiah had written these words:

The Spirit of the Lord the Eternal One is on Me.  
Why? Because the Eternal designated Me  
to be His representative to the poor, to preach good news to them.  
He sent Me to tell those who are held captive that they can now be set free,  
and to tell the blind that they can now see.  
He sent Me to liberate those held down by oppression.  
In short, the Spirit is upon Me to proclaim that now is the time;  
this is the jubilee season of the Eternal One’s grace.

Jesus rolled up the scroll and returned it to the synagogue attendant. Then He sat down, as a teacher would do, and all in the synagogue focused their attention on Jesus, waiting for Him to speak. He told them that these words from the Hebrew Scriptures were being fulfilled then and there, in their hearing.

At first everyone was deeply impressed with the gracious words that poured from Jesus’ lips. Everyone spoke well of Him and was amazed that He could say these things.

Everyone: Wait. This is only the son of Joseph, right?

Jesus: You’re about to quote the old proverb to Me, “Doctor, heal yourself!” Then you’re going to ask Me to prove Myself to you by doing the same miracles I did in Capernaum. But face the truth: hometowns always reject their homegrown prophets. Think back to the prophet Elijah. There were many needy Jewish widows in his homeland, Israel, when a terrible famine persisted there for three and a half years. Yet the only widow God sent Elijah to help was an outsider from Zarephath in Sidon. It was the same with the prophet Elisha. There were many Jewish lepers in his homeland, but the only one he healed—Naaman—was an outsider from Syria.

The people in the synagogue became furious when He said these things. They seized Jesus, took Him to the edge of town, and pushed Him right to the edge of the cliff on which the city was built. They would have pushed Him off and killed Him, but He passed through the crowd and went on His way.

# *second sunday of lent continued*

Select a section of the text that intrigues you and could enhance your role as a peacemaker. Feel free to use one of these guiding questions:

*Which perceptions of Jesus hinder your capability to promote peace?*

*What could you release to embrace those who have been left out?*

*Which faith stories do you need to revisit in order to make space for others?*

Stay in a listening posture until you feel like you have an invitation for the week.

Is there a situation or people in your family, neighbourhood or world that could use this movement towards peace? Hold them before God in intercessory prayer.



**“ANY TALK ABOUT GOD THAT FAILS TO MAKE GOD’S LIBERATION OF THE OPPRESSED ITS STARTING POINT IS NOT CHRISTIAN.”**

**“IF WE SAVE THE PLANET AND HAVE A SOCIETY OF INEQUALITY, WE WOULDN’T HAVE SAVED MUCH.”**

**-JAMES CONE**

## **3- CREATIVE RESPONSE**

Take photos, paint, draw, collage or make simple shapes to represent your invitation this week?

## **4 - CLOSING PRAYER: MARTIN LUTHER KING JR.**

Dearest Jesus, come and sit with us today.

Show us the lies that are still embedded in the soul of America’s (and Canada’s) consciousness. Unmask the untruths we have made our best friends. For they seek our destruction. And we are being destroyed, Lord. Reveal the ways the lies have distorted and destroyed our relationships. They break your shalom . . . daily. Jesus, give us courage to embrace the truth about ourselves and you and our world. Truth: We are all made in your image. Truth: You are God; we are not. You are God; money is not. You are God; jails, bombs and bullets are not.

And Jesus, give us faith to believe: Redemption of people, relationships, communities and whole nations is possible! Give us faith enough to renounce the lies and tear down the walls that separate us with our hands, with our feet, and with our votes!

# *third sunday of lent*

## **1 - SETTLE INTO THE SPACE**

Find a moment of silence, or use a quiet song to settle. You could use "Weary Traveler" by Jordan St. Cyr

As you take some deep breaths, notice where there is any weariness in your body.

Welcome the feelings and thoughts that come. You could pray the words of The Welcoming Prayer by Mary Mrozowski

I welcome everything that comes to me today because I know it's for my healing.

I welcome all thoughts, feelings, emotions, persons, situations, and conditions.

I let go of my desire for security and survival. for esteem and affection, for power and control..

I let go of my desire to change any situation, condition, person, or myself.

I open to the love and presence of God, and God's healing action within.

## **2 - LISTEN TO GOD**

### 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).

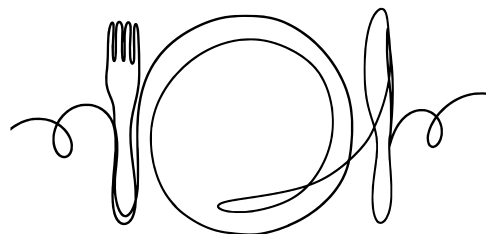
He said to them, "There is a great harvest before us, but there are not enough helpers. Prayer for the Harvest Chief, so he will send more helpers. Go and represent me. You will be like lambs walking among wolves. Take no money pouch or travelling bundle with you- not even a second pair of moccasins.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



# *third sunday of lent continued*

Select a section of the text that intrigues you and could enhance your role as a peacemaker. Feel free to use one of these guiding questions:

*What might you need to let go of to be more courageous with new people?*

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

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

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

Stay in a listening posture until you feel like you have an invitation for the week.

Is there a situation or people in your family, neighbourhood or world that could use this movement towards peace? Hold them before God in intercessory prayer.

## **3- CREATIVE RESPONSE**

Choose another artistic medium to represent what you heard from God in this scripture. You could consider poetry or cooking as a response this week.

## **4 - CLOSING PRAYER: SABEEL ECUMENICAL LIBERATION THEOLOGY CENTER**

This prayer are two short sections from [Sabeel's Wave of Prayer](#). These are daily prayer requests by Sabeel staff on the ground in Gaza.

God of the oppressed, bring an end to the suffering in Gaza. Preserve each Gazan life. Help us be agents of your kingdom. If you call us to be brave like Stephen, give us courage. If you call us to repent from our sins like Saul, open our eyes so that we repent. Give us faith which can move mountains and bring a ceasefire, despite the wishes of the empires of the world. Lord, may your will be done.

Everlasting God, words cannot express how the medical workers, journalists, and rescue teams have showed acts of heroism. They are saints in medical and journalist uniforms, risking their lives for the sake of others. Lord, protect the remaining medical teams, journalists, and rescue teams who have not yet been killed. Illuminate how we, wherever we are and with the capabilities we have, can act with selfless love for those most in need.

Lord in your mercy... hear our prayer Amen.

# *fourth sunday of lent*

## **1 - SETTLE INTO THE SPACE**

Find a moment of silence, or use a quiet song to settle.  
You could use  
["Changes" an instrumental song by Alexina Louie](#)

As you take some deep breaths, notice how your body is coming into this time. Is there any parts you want to gently invite to stillness. Feel free to use this prayer of St. John of the Cross.

### *Stillness of Soul Prayer*

O Blessed Jesus,  
give me stillness of soul in You.  
Let Your mighty calmness reign in me.  
Rule me, O King of Gentleness,  
King of Peace.



## **2 - LISTEN TO GOD**

Next Jesus was taken into the wild by the Spirit for the Test. The Devil was ready to give it. Jesus prepared for the Test by fasting forty days and forty nights. That left him, of course, in a state of extreme hunger, which the Devil took advantage of in the first test: "Since you are God's Son, speak the word that will turn these stones into loaves of bread." Jesus answered by quoting Deuteronomy: "It takes more than bread to stay alive. It takes a steady stream of words from God's mouth." For the second test the Devil took him to the Holy City. He sat him on top of the Temple and said, "Since you are God's Son, jump." The Devil goaded him by quoting Psalm 91: "He has placed you in the care of angels. They will catch you so that you won't so much as stub your toe on a stone." .

Jesus countered with another citation from Deuteronomy: "Don't you dare test the Lord your God."

For the third test, the Devil took him to the peak of a huge mountain. He gestured expansively, pointing out all the earth's kingdoms, how glorious they all were. Then he said, "They're yours—lock, stock, and barrel. Just go down on your knees and worship me, and they're yours." Jesus' refusal was curt: "Beat it, Satan!" He backed his rebuke with a third quotation from Deuteronomy: "Worship the Lord your God, and only him. Serve him with absolute single-heartedness."

The Test was over. The Devil left. And in his place, angels! Angels came and took care of Jesus' needs.

MATTHEW 4:1-11 THE MESSAGE

# *fourth sunday of lent continued*

Choose a text segment that captivates you and could elevate your role as a peacemaker. You can ponder on one of these prompts:

**Which temptation holds the strongest appeal for you? How does this temptation hinder your ability to build peace?**

**What do you need to release in order to confront your temptations with the reassurance of God's promises in the scriptures?**

Stay in a listening posture until you feel like you have an invitation for the week.

Is there a situation or people in your family, neighbourhood or world that could use this movement towards peace? Hold them before God in intercessory prayer.

## **3- CREATIVE RESPONSE**

Choose another artistic medium to represent what you heard from God in this scripture. The act of creating soothes your brain and is beneficial no matter the end product.



*“It can indeed come as a great shock to realize that what we consider works of service in the name of God may be motivated to such a degree by our wounds and needs that not peace, but resentment, anger, and even violence become their fruits. The great irony is that Satan finds his safest hiding place where we are most explicitly involved in the work of God’s kingdom... We must consider this seriously. If we cannot see the dark works of conflict and war in our own daily lives, we will never fully understand the cruelty, torture, mass murder that fill the pages of our newspapers [and the surrounding communities in which we live and work] day after day... Though it may be easy to recognize the forces of darkness around us, it is very hard to recognize those same forces in our own “good works.”*  
-Henri Nouwen

## **4 - CLOSING PRAYER: HENRI NOUWEN**

Lord Jesus,  
I come to you to enter into the mystery of your way - the way of discipleship, the way that leads from the cross to new life. It is not an easy way, but it is a way of peace and joy. Help me to be here with a heart open to suffering, a mind open to understanding, and a will ready to follow.  
There are many struggles and I will always have many struggles, but with you, O LORD, I am living in the Light. With you, O Lord, I am moving more and more toward life. With you, O Lord, I know I am safe.  
Let me celebrate my life in a spirit of gratitude. Grateful that I am here and grateful you are my God. Amen.

# *fifth sunday of lent*

## 1 - SETTLE INTO THE SPACE

Since you have been practicing settling, try lengthening this section, or being in complete silence. The [Centering Prayer App](#) could be helpful.

If you want a piece of worship music, you could try [“Christ Is Lower Still” by Porter’s Gate and Matt Maher](#)

As you take some deep breaths, notice how your body is coming into this time. Is there any parts you want to gently invite to sink into God’s love.



***“Biblical peacemaking is the cessation of hostilities between nations and individuals as a sign of God’s in-breaking kingdom. Peacemaking involves assessing the claims of groups in conflict and making a judgment about who is correct and who is incorrect. Peacemaking, then, cannot be separated from truth telling. The church’s witness does not involve simply denouncing the excesses of both sides and making moral equivalencies... Moderation in the middle ground is not always the loci of righteousness. Housing discrimination has to be named. Unequal sentences and unfair policing has to be named. Sexism and the abuse and commodification of the Black female body has to end. Otherwise any peace is false and non biblical. Beyond naming there has to be some vision for the righting of wrongs and the restoration of relationships.”***  
**-Esau McCaulley**

## 2 - LISTEN TO GOD

Then he told them what they could expect for themselves: “Anyone who intends to come with me has to let me lead. You’re not in the driver’s seat—I am. Don’t run from suffering; embrace it. Follow me and I’ll show you how. Self-help is no help at all. Self-sacrifice is the way, my way, to finding yourself, your true self. What good would it do to get everything you want and lose you, the real you?”

LUKE 9:23-25 THE MESSAGE

# *fifth sunday of lent continued*

Choose a phrase from the scripture that captures your interest and informs your role as a peacemaker. You could use these guiding questions:

**What aspect of this translation sheds new light when considering the call to take up your cross and deny yourself?**

**In what way does Esau McCaulley's biblical peacemaking example shed light on the concept of sacrifice for you?**

Stay in a listening posture until you feel like you have an invitation for the week.

Is there a situation or people in your family, neighbourhood or world that could use this movement towards peace? Hold them before God in intercessory prayer.

## **3- CREATIVE RESPONSE**

Choose an artistic medium to represent what you heard from God through your contemplative reading. If you feel your body activated with too much energy, consider moving your body, swaying or humming as you create.

## **4 - CLOSING PRAYER: MOTHER TERESA**

Mother Teresa introduced a Prayer for Peace in 1981 to be recited daily at noon locally worldwide. The prayer is short, taking less than half a minute to say and can be extended by repeating "peace, peace, peace" after each line. By incorporating the prayer regularly, it becomes ingrained in the heart, acting as a centering prayer that can be accessed anytime, even unconsciously, aligning with St. Paul's encouragement for unceasing prayer.

Lead me from Death to Life, from Falsehood to Truth.

Lead me from Despair to Hope, from Fear to Trust.

Lead me from Hate to Love, from War to Peace.

Let Peace fill our Heart, our World, our Universe.

Peace Peace Peace

**"COURAGE HELPS US ACCEPT WHAT CANNOT BE CHANGED AND TO STRUGGLE THROUGH WHAT NEEDS TO BE CHANGED. COURAGE HELPS US TO GENTLY SAY WHAT WE BELIEVE, AND HOLD ON TO WHAT WE KNOW IS OF VALUE DESPITE THE RISK OF REJECTION, DOUBT OR FAILURE... COURAGE EMPOWERS US TO TRY AGAIN WHEN THERE SEEMS TO BE ONLY REPEATED FAILURE, TO LOVE WHOLEHEARTEDLY EVEN THOUGH ALL THE ODDS SEEM AGAINST THAT LOVE BEING RECEIVED OR RETURNED."**

**-JOYCE RUPP**



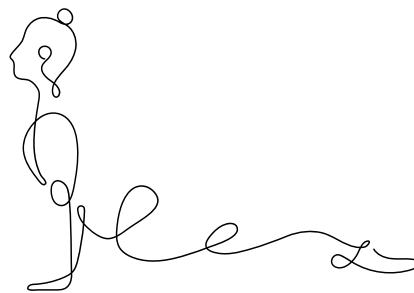
# *sixth sunday of lent: palm sunday*

## **1 - SETTLE INTO THE SPACE**

Continue to lengthen this section in complete silence. The [Centering Prayer App](#) could be helpful for marking time.

If you want a piece of worship music, you could try [“Descent” by Hymns for the Architect](#)

As you take some deep breaths, notice how your body is coming into this time. Welcome all sensations and let go without judgement. Is there a stretch that your body would like to make before you begin?



## **2 - LISTEN TO GOD**

The next day the huge crowd that had arrived for the Feast heard that Jesus was entering Jerusalem. They broke off palm branches and went out to meet him. And they cheered:

Hosanna!

Blessed is he who comes in God's name!

Yes! The King of Israel!

Jesus got a young donkey and rode it, just as the Scripture has it:

No fear, Daughter Zion:

See how your king comes,  
riding a donkey's colt.

The disciples didn't notice the fulfillment of many Scriptures at the time, but after Jesus was glorified, they remembered that what was written about him matched what was done to him.

The crowd that had been with him when he called Lazarus from the tomb, raising him from the dead, was there giving eyewitness accounts. It was because they had spread the word of this latest God-sign that the crowd swelled to a welcoming parade. The Pharisees took one look and threw up their hands: "It's out of control. The world's in a stampede after him."

There were some Greeks in town who had come up to worship at the Feast. They approached Philip, who was from Bethsaida in Galilee: "Sir, we want to see Jesus. Can you help us?"

Philip went and told Andrew. Andrew and Philip together told Jesus. Jesus answered, "Time's up. The time has come for the Son of Man to be glorified.

"Listen carefully: Unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But if it is buried, it sprouts and reproduces itself many times over. In the same way, anyone who holds on to life just as it is destroys that life. But if you let it go, reckless in your love, you'll have it forever, real and eternal.

JOHN 12:1-25 THE MESSAGE

# *sixth sunday of lent continued*

Stay in a listening posture until you feel like you have an invitation for the week.

Is there a situation or people in your family, neighbourhood or world that could use this movement towards peace? Hold them before God in intercessory prayer.

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

*What tensions do you see in this story that are similar in your life right now?*

*What does Jesus' response illicit inside of you?*

*What are you holding on to these days? Is it offering you life as it is?*

## **3- CREATIVE RESPONSE**

Choose an artistic medium to represent what you heard from God through your contemplative reading. Consider movement again this week as a part of your response.

**“REAL POVERTY IS THE BELIEF THAT THE PURPOSE OF LIFE IS ACQUIRING WEALTH AND OWNING THINGS. REAL WEALTH IS NOT THE POSSESSION OF PROPERTY BUT THE RECOGNITION THAT OUR DEEPEST NEED, AS HUMAN BEINGS, IS TO KEEP DEVELOPING OUR NATURAL AND ACQUIRED POWERS TO RELATE TO OTHER HUMAN BEINGS.”**

**-GRACE LEE BOGGS**

## **4 - CLOSING PRAYER: ST. FRANCIS**

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.

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?*

***JOIN US!***

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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PRAYER & PEACEMAKING:  
A CONTEMPLATIVE AND CREATIVE LENT PRACTICE

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

