

Journal of Peace and Non-violence



September 21–
October 2

September 21 - International Day of Peace

Dietrich Bonhoeffer reminds us that peace is not the absence of conflict, but the presence of Christ in the midst of it.

Blessed are the peacemakers, for they will be called children of God.

<Matthew 5:9 >

Reflection Questions:

- What does this scripture teach me about peace and non-violence?
- Where in my life do I need to practice this today?
- How can I extend peace to someone else this week?

Personal Journal / Notes:

September 22

St. Augustine wrote that peace is the tranquility of order rooted in God's justice.

They shall beat their swords into plowshares, and their spears into pruning hooks.

< Isaiah 2:4 >

Reflection Questions:

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Personal Journal / Notes:

September 23

Thomas Merton taught that the seeds of peace are planted when we let go of control and surrender to God's mercy.

If it is possible, as far as it depends on you, live at peace with everyone.

< Romans 12:18 >

Reflection Questions:

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Personal Journal / Notes:

September 24

John Wesley believed holiness and peace walk hand in hand in the Christian life.

Turn from evil and do good; seek peace and pursue it.

< Psalm 34:14 >

Reflection Questions:

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Personal Journal / Notes:

September 25

St. Francis of Assisi prayed to be an instrument of God's peace in a broken world.

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace.

< Colossians 3:15 >

Reflection Questions:

- What does this scripture teach me about peace and non-violence?
- Where in my life do I need to practice this today?
- How can I extend peace to someone else this week?

Personal Journal / Notes:

September 26

Julian of Norwich saw that all shall be well when we abide in God's peace.

Make every effort to live in peace with everyone and to be holy.

< Hebrews 12:14 >

Reflection Questions:

- What does this scripture teach me about peace and non-violence?
- Where in my life do I need to practice this today?
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Personal Journal / Notes:

September 27

Howard Thurman envisioned peace as learning to see every human being as a child of God.

What does the Lord require of you?

To act justly and to love mercy and to walk humbly with your God.

< Micah 6:8 >

Reflection Questions:

- What does this scripture teach me about peace and non-violence?
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Personal Journal / Notes:

September 28

Mother Teresa reminded us that peace begins with small acts of love at home.

Peacemakers who sow in peace reap a harvest of righteousness.

< James 3:18 >

Reflection Questions:

- What does this scripture teach me about peace and non-violence?
- Where in my life do I need to practice this today?
- How can I extend peace to someone else this week?

Personal Journal / Notes:

September 29

Henri Nouwen spoke of peace as hospitality to our own wounds and to one another.

Peace I leave with you; my peace I give you.

I do not give to you as the world gives.

< John 14:27 >

Reflection Questions:

- What does this scripture teach me about peace and non-violence?
- Where in my life do I need to practice this today?
- How can I extend peace to someone else this week?

Personal Journal / Notes:

September 30

Martin Luther King, Jr. proclaimed that peace is the presence of justice.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

< Philippians 4:7 >

Reflection Questions:

- What does this scripture teach me about peace and non-violence?
- Where in my life do I need to practice this today?
- How can I extend peace to someone else this week?

Personal Journal / Notes:

October 1

Catherine of Siena urged believers to build peace by setting the world on fire with God's love.

Make every effort to keep the unity of the Spirit through the bond of peace.

< Ephesians 4:3 >

Reflection Questions:

- What does this scripture teach me about peace and non-violence?
- Where in my life do I need to practice this today?
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Personal Journal / Notes:

October 2 - International Day of Non-Violence

Desmond Tutu lived the truth that forgiveness is the only path to real peace.

But I tell you, love your enemies and pray for those who persecute you.

< Matthew 5:44 >

Reflection Questions:

- What does this scripture teach me about peace and non-violence?
- Where in my life do I need to practice this today?
- How can I extend peace to someone else this week?

Personal Journal / Notes:

Closing Blessing

*May the peace of God, which surpasses all understanding,
guard your hearts and your minds in Christ Jesus.*

< Philippians 4:7 >

Prayer of Peace

O God of peace,
Plant your love deep within us.
Make us peacemakers in word and deed,
That our lives may shine with your light.
Amen.

