

# PEACE JOURNEY 2009

## INNER PEACE

### SOME WAYS TO HELP DEVELOP INNER PEACE



#### IN MYSELF:

- Write a poem, create art or a song, and share with the congregation
- Set aside 20 minutes, three times a week to read selected passages of scripture (see “Suggestions for Scripture”)
- Attend a spiritual retreat
- Pray for peace three times a week
- Spend 20 minutes, three times a week in prayer (see “Suggestions for Prayer”)
- Pray for one month, three times a week, for someone who makes you angry – government official, public figure or acquaintance, or a specific situation in the country or world that concerns you
- Meet weekly with a spiritual/prayer partner(s)
- Read a book about peace (see “Suggestions for Books”)
- Subscribe to and read “Peace Signs” (a free monthly e-zine about peace – go to [www.mennolink.org](http://www.mennolink.org) and click on “Peace Signs”)

#### IN THE FAMILY:

- Pray together daily for peace in your home, community and world
- Purchase a “peace lamp” or peace candle
- Read together through the Sermon on the Mount and/or other passages from the Bible
- Read together, one per week, children’s books about peace (see “Suggestions for Books”)
- Purposefully discuss peace regularly, such as at dinner: examples of peace actions at school, work or at play; challenges faced.

#### IN THE CHURCH

- Join a house church
- Participate weekly in a Sunday School class that focuses on some aspect of peace
- Arrive at church at 9:15 on Sundays for prayer and meditation
- Read and discuss a book about peace in your house church
- Share faith journeys with one another in your house church
- Help create a “Meditation Space” in the upstairs of the Lorraine Center

- Create and share an art form (poem, son, painting, dance, etc.) about peace and share with the congregation

### **The Symptoms of Inner Peace**

- A tendency to think and act deliberately, rather than from fears based on past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging others.
- A loss of interest in judging self.
- A loss of interest in conflict.
- A loss of interest in interpreting the actions of others.
- A loss of ability to worry.
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling through the heart.
- Increasing susceptibility to kindness offered, and the uncontrollable urge to reciprocate.
- An increasing tendency to allow things to unfold, rather than resisting and manipulating.

*Origin unknown*

### **Wisdom from Mother Theresa**

Mother Theresa was a happy person. In the middle of the poverty, illness, and hopelessness of Calcutta, she exuded joy. Here is something she wrote:

- People are often unreasonable, illogical and self-centered; Forgive them anyway.
- If you are kind, people may accuse you of selfish, ulterior motives; Be kind anyway.
- If you are successful, you will win some false friends and some true enemies. Succeed anyway.
- If you are honest and frank, people may cheat you; Be honest and frank anyway.
- What you spend years building, someone could destroy overnight; Build anyway.
- If you find serenity and happiness, others may be jealous; Be happy anyway.
- The good you do today, people often forget tomorrow; Do good anyway.
- If you give the world the best you have, it may never be enough; Give the world the best you have anyway.
- You see, in the final analysis, it is between you and God; It was never between you and other people anyway.

### **Daily Peace Power Pledge**

Today I will act with respect – for myself, others and the earth, giving up putdowns, threats and verbal weapons

Today I will act with respect – for myself, others and the earth, giving up putdowns, threats and verbal weapons

Today I will make peace by resolving conflicts and healing broken relationships

Today I will recognize contributions and successes of those around me

Today I will welcome every opportunity to learn patience, tolerance and compassion

