

EVERYDAY PEACEMAKING

A MONTH OF PRACTICES

SEE WEEK 1

- 1 Diversify your news sources to include feeds that represent an agenda that is different than your own. Be sure to include local news.
- 2 Like and/or follow individuals who represent the diverse ethnic make-up of your context. Read what they're writing and the resources they recommend.
- 3 Walk your neighborhood w/ your phone & take pictures of both the beautiful & broken realities. Write reflections of your experience.
- 4 Today intentionally look everyone you come in contact with in the eye. With gentle non-verbals, indicate to them that you see them. Write reflections of your experience.
- 5 Take out your headphones when in public and be present to what's around you. Write down what you see.
- 6 Google "crime trends" in your city to discover some of the brokenness and patterns in your context.
- 7 Spend 15 minutes in silence paying attention to what & who God may be inviting you to see with new eyes. Write your reflections of what you hear.

CONTEND WEEK 3

- 1 Identify someone who has contended for you. Call/email them and tell them how grateful you are they gave of themselves for you. Ask what their experience of contending for you was like.
- 2 Identify someone who is contending for the marginalized. Call/email that person, let them know that their work matters. Ask if you can treat her/him to a meal.
- 3 Write an email that re-opens a channel of communication between yourself & an estranged friend/family member.
- 4 Identify an area of conflict, pain, or injustice where you live. Prayerfully reflect on these two questions: How have I contributed to this? What restorative work is mine to do today? Write your reflections of your experience.
- 5 Imagine the scenario from exercise 4 fully restored. What does restoration look like and what kinds of contending do you think it would take?
- 6 Invite some friends to a local restaurant owned by migrant entrepreneurs. Eat well, meet and thank the owners, and tip generously.
- 7 Choose a local or global organization whose work is the renovation or replacement of unjust systems. Commit to consistent financial investment, big or small, so that their capacity for impact grows.

IMMERSE WEEK 2

- 1 Take public transportation instead of your personal vehicle. Write your reflections of your experience.
- 2 Take an alternate route to work & drive through neighborhoods you wouldn't normally enter. Write your reflections of your experience.
- 3 Download a free language app and learn a few greetings in the languages regularly spoken by your neighbors.
- 4 Sit on your front patio or play with your kids in the front yard rather than your back yard. If you have neither, take your family or a group of friends to the local park.
- 5 Invite a neighbor into your home to share a meal.
- 6 Find a local organization that is invested in justice work that you feel compelled toward. Note when their next meeting or event is and schedule yourself to attend.
- 7 Purchase and begin to read a book that explores history, culture, theology, or injustice by an author of color.

RESTORE WEEK 4

- 1 Post the picture from the SEE week of what is beautiful in your neighborhood. Write a caption that expresses your desire for restoration in your life, relationships, city, nation, or world. Add the hashtag #everydaypeacemaking
- 2 Assess opportunities for restoration that exist where you live. Pray that God grants you the creativity & courage to participate in restoration today.
- 3 Use this breath prayer today: (Inhale): "O God, Great Reconciler," (Exhale): "I am Your Reconciled Beloved."
- 4 Consider the restoration you have experienced in your life. Identify those who have joined God in that process & email them a message of gratitude.
- 5 Scour your media channels for a story of restoration. Share it along with your intention to join God in causing beauty & restoration to spring to life.
- 6 Invite neighbors & friends to a future dinner at your home. Ask them to bring a story of restoration or celebration to share.
- 7 Download Stephan Van Voorst's song Instruments of Peace. Allow this song to set the soundtrack of your day today.