

Practicing Peace

A Lenten Companion to accompany
Rev'd Michael Wood's book

*Practicing Peace:
Theology, Contemplation, and Action.
(2022) Wipf & Stock Publishers*

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Michael Wood's book
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Practicing Peace

A Lenten Companion

This booklet is a Lenten companion to Part 1 of Michael John Wood's book *Practicing Peace: Theology, Contemplation and Action* (2022). Part 1 has been chosen for a Lenten study for two reasons: (1) because it consists of seven chapters which, when read a chapter a week, fit neatly into the season of Lent; and (2) its theological and Biblical study of peace gives a focus for our study of the scriptures during Lent (alongside our prayer, almsgiving and fasting). Of course, this study can be undertaken at any time of the year, not only in Lent.

Parts 2 and 3 of *Practicing Peace* are not covered by this companion. However, we hope, after a slow and attentive reading of Part 1, you will want to finish the book and take on board some of its suggestions about embodying peace. Further companion booklets for Parts 2 and 3 may be published in the future.

Before you begin

Chapter 1: Before beginning this Lenten guide through Part 1 of *Practicing Peace*, you may like to read Chapter 1 Introduction to orient yourself to the book's structure, themes and terminology.

Companion movies: If you are a fan of science fiction, you may like to watch the film *The Matrix* (1999) starring Keanu Reeves as a companion movie to this study. Wood makes several references to this film in his book; although it is not necessary to have seen the film to appreciate the references, it is a very entertaining action thriller that explores themes relevant to this study. Wood refers to another classic film in chapter 7, *Babette's Feast* (1987),

a Danish film that beautifully portrays Christian themes. You may find these films on streaming services or at your local library.

How to use this companion

Personal daily study

This booklet is designed as a daily Lenten study for personal use. Each day (except Sundays) consists of a short Bible reading, a selection from *Practicing Peace*, a sentence for meditation and an opportunity for intercession and contemplation.

Each daily study may take 15–30 minutes, depending on how long you choose to pray, reflect and meditate on the material and whether you keep a journal of your study.

Prayer

We recommend you begin daily study with prayer, seeking God's wisdom and offering yourself to God's transforming love.

Bible reading

We start with the short Bible passage given for the day. This will often be one of the Bible quotations given in the book's selection for that day. However, we start with the Bible alone, reading and meditating on the passage before encountering it within the text of *Practicing Peace*. This allows us to consider our own understanding of the passage before exploring the interpretation offered by Wood.

Selection from Practicing Peace

Each chapter in Part 1 is covered in a week. The chapter is divided into sections to give you a daily reading schedule. [TIP: It may help to mark off the daily sections in the chapter at the start of the week to help you find your place each day.] This way of reading the

book is intended to help you read slowly and attentively, paying attention to the ideas discussed in each section. You may like to keep a journal as you read this book, noting things like:

- What ideas are new to me?
- What ideas resonate with me?
- What ideas are difficult to understand or accept?
- What questions do I have?
- What would I like to tell someone else about this topic?

Meditation

A sentence from *Practicing Peace* is provided as a focus for meditation. What do we mean by meditation? We mean to read the sentence repeatedly, aloud or silently or both; to think deeply about its meaning and whether it connects to my own experience; it means lingering over a word or phrase to unpack a fuller meaning. It doesn't mean to give the text special sacred value or significance; it simply means to linger over the idea expressed and try to draw out the fullness of meaning contained within it. If you find this a useful discipline, you can extend it to other passages of the book or to the daily Bible passage.

Intercession

Offer to God particular people or situations that have come to mind during the reading and meditation. Some people find it helpful to write out their intercessions. Others prefer to offer them in their silent or spoken prayers.

Contemplation

The daily study finishes with contemplation, which is a period of silence, being still in God's presence with no task to do but be in communion with God. It is common to find your thoughts

wandering or racing; if that happens, simply acknowledge the thoughts and mentally lay them aside to continue resting in God's presence. If you already have a daily practice of silence, you can integrate it with this study. If this practice is new to you, include it here as part of your Lenten discipline. Set a timer for a few minutes. Start small with 2 or 5 minutes. If you feel led, try to increase your time each week to what is manageable for you, which could be 10, 15 or 20 minutes. At the end of your time of silence, you may like to close with the Lord's Prayer or with another short, spoken prayer or by speaking again the sentence used for meditation.

Summary and reflection

On Sundays, we suggest you read Wood's Summary of the chapter and the Reflect questions. Although the reading is shorter, try to set aside plenty of time (e.g. 20 minutes) to allow reflection. You may choose to write out your thoughts in response to the summary and reflection.

Group study

Practicing Peace is a great book to study in a group. By combining personal study using this daily companion with a weekly group study, your time in meditation and reflection on the chapter during the week will provide a rich resource for sharing insights, questions and experiences as you discuss each chapter together.

The format of a group study could follow this simple outline:

- Gather in fellowship with refreshments.
- Begin in prayer.
- Read one Bible reading selected from the week.
- Focusing on the chapter summary and reflection in *Practicing Peace*, discuss the topic, each person sharing their thoughts, questions and reflections.
- Decide if there is any action your group would like to undertake in response to the study.
- Share a time of prayer followed by silent contemplation, focusing on a cross or a candle.
- Conclude with the Lord's Prayer and the grace.

Week One

Chapter 2 – Touchstone One

God is Christlike

Ash Wednesday

Bible reading Hebrews 1:1–3a

Practicing Peace Read the section 'Jesus is the starting point (this is Good News)', pp. 17–21.

Meditate "We must allow the revelation of God in Christ to interrogate and interpret everything, including the written words of Scripture." (p. 21)

Intercession Offer to God the people and situations that have come to mind during today's study.

Contemplation Set a timer and rest in God's presence. Conclude in your own way.

Thursday

Bible reading John 14:6–12

Practicing Peace Read the sections 'This is revealed ...', '... By grace' and '... Through Relationship', pp. 21–26.

Meditate	“Conceiving of love as a relational dynamic of giving and receiving means that unity does not rely on everyone being the same.” (p. 26)	Practicing Peace	Read from the paragraph beginning ‘As we have seen’ halfway down p. 29 to the end of the section at the top of p. 31, pp. 29–31.
Intercession	Offer to God the people and situations that have come to mind during today’s study.	Meditate	“Do we perceive the other as an object through whom we get our own needs met or as a ‘sacred thou’—one who has inherent dignity?” (p. 30)
Contemplation	Set a timer and rest in God’s presence. Conclude in your own way.	Intercession	Offer to God the people and situations that have come to mind during today’s study.
Friday		Contemplation	Set a timer and rest in God’s presence. Conclude in your own way.
Bible reading	Romans 8:29–30		
Practicing Peace	Read from the heading ‘... Characterized by an irrevocable covenant’ to the end of the bullet list on p. 29, pp. 26–29.		
Meditate	“God’s desire is for everyone to freely choose to enter the joy and peace of union with God.” (p. 27)		
Intercession	Offer to God the people and situations that have come to mind during today’s study.		
Contemplation	Set a timer and rest in God’s presence. Conclude in your own way.		
Saturday			
Bible reading	Matthew 5:43–48		

Week Two
Chapter 3 – Touchstone Two

*Christ reveals
the nature of violence*

Monday

Bible reading Ephesians 6:10–13

Practicing Peace Read the section ‘Sin and Violence’, pp. 33–34.

Meditate “St Paul talks about sin as a kind of milieu characterized by powerful forces that are frequently invisible to us but that orient us towards violence and death.” (p. 34)

Intercession Offer to God the people and situations that have come to mind during today’s study.

Contemplation Set a timer and rest in God’s presence. Conclude in your own way.

Tuesday

Bible reading Genesis 37:3–4, 18–20, 23–24

Practicing Peace	Read from the heading ‘Sources of Violence’ to the end of sub-section ‘(i) Social dimension: mimetic rivalry’, pp. 34–39.
Meditate	“But if God gifts us with freedom, then that must include the capacity to exercise that freedom to desire other things that take us away from God’s love.” (p. 35)
Intercession	Offer to God the people and situations that have come to mind during today’s study.
Contemplation	Set a timer and rest in God’s presence. Conclude in your own way.
Wednesday	
Bible reading	Matthew 4:1–11
Practicing Peace	Read sub-section ‘(ii) Personal intrapsychic dimensions’, pp. 39–41.
Meditate	“Theologically and spiritually, both survival and belonging needs are fears that stem from the deep wound of disconnection from the reality of our belovedness in the Christlike God.” (p. 40)
Intercession	Offer to God the people and situations that have come to mind during today’s study.
Contemplation	Set a timer and rest in God’s presence. Conclude in your own way.

Thursday		Contemplation	Set a timer and rest in God's presence. Conclude in your own way.
Bible reading	John 11:47–53		
Practicing Peace	Read the section 'Peace that the world tries to give', pp. 41–45.	Saturday	
Meditate	"If a group can find a person to blame for their internal conflict, they can achieve (temporary) peace by uniting against a common enemy." (p. 42)	Bible reading	Matthew 7:3–5,12
Intercession	Offer to God the people and situations that have come to mind during today's study.	Practicing Peace	Read from the top of p. 47 to the end of p. 49, pp. 47–49.
Contemplation	Set a timer and rest in God's presence. Conclude in your own way.	Meditate	"Sin can be thought of as radical and destructive autonomy in which we become rivals with our neighbour to secure our own personalized needs." (p. 49)
Friday		Intercession	Offer to God the people and situations that have come to mind during today's study.
Bible reading	James 3:14 – 4:3	Contemplation	Set a timer and rest in God's presence. Conclude in your own way.
Practicing Peace	Read from the heading 'Bigger than we think: swimming in a sea of disoriented desire' (top of p. 45) to the end of the paragraph ending with 'war against terror' (top of p. 47), pp. 45–47.	Sunday Lent 2	
Meditate	"Regardless of what our <i>intent</i> was, we need to examine the actual <i>impact</i> of our behaviour on other people." (p. 46)		Read the Summary of chapter 3 on p. 50. Choose one or more of the points and meditate on it.
Intercession	Offer to God the people and situations that have come to mind during today's study.		Read the Reflect section on p. 50. Choose one or more questions to ponder and write your responses.
			Write out any questions or thoughts you have about the chapter's topic, <i>Christ reveals the nature of violence</i> .

Week Three

Chapter 4 – Touchstone 3

Christ gives a peace that the world cannot give

Monday

Bible reading John 8:2–11

Practicing Peace Read from the beginning of the chapter to the end of the first paragraph on p. 53 that ends ‘anger of a crowd’, pp. 51–53.

Meditate “Now imagine Jesus entering [a destructive conflict] situation and quietly standing amid it.” (p. 53)

Intercession Offer to God the people and situations that have come to mind during today’s study.

Contemplation Set a timer and rest in God’s presence. Conclude in your own way.

Tuesday

Bible reading Hebrews 2:14–15

Practicing Peace Read from the second paragraph on p. 53 beginning ‘However, there is more to the work ...’ to the end of the bullet list on p. 56, pp. 53–56.

Meditate “Being present in the physical world and absorbing the worst of what we can throw at God (crucifixion) is the way God chooses to love the world from beginning to end.” (p. 55)

Intercession Offer to God the people and situations that have come to mind during today’s study.

Contemplation Set a timer and rest in God’s presence. Conclude in your own way.

Wednesday

Bible reading Romans 6:11–14

Practicing Peace Read the sections ‘Not just then but now: participation’, ‘A sojourn into time’, and ‘Liturgical representation’, pp. 56–61.

Meditate “In every moment in which we say yes to God in prayer, or through a cruciform act of love (when we practice peace), we are participating in the death and resurrection of Christ.” (p. 60)

Intercession Offer to God the people and situations that have come to mind during today’s study.

Contemplation	Set a timer and rest in God's presence. Conclude in your own way.	Meditate	"When Jesus prays to God in the garden of Gethsemane 'not my will but yours be done' (Luke 22:42), the <i>will of God</i> is not found in the infliction of pain on Jesus but in Jesus (God's own self) loving to the end." (p. 69)
Thursday			
Bible reading	Galatians 1: 3–5, 11–15	Intercession	Offer to God the people and situations that have come to mind during today's study.
Practicing Peace	Read from the heading 'Foundations of a Christlike peace' on p.61 and the sub-sections '(i) Deliverance' and '(ii) Healing', pp. 61–65.	Contemplation	Set a timer and rest in God's presence. Conclude in your own way.
Meditate	"If the focus of our thinking about God is moral purity, we are only ever a hair's breadth from religious zeal, moral self-righteousness, and violence." (p. 63)	Saturday	
Intercession	Offer to God the people and situations that have come to mind during today's study.	Bible reading	Micah 6:6–8
Contemplation	Set a timer and rest in God's presence. Conclude in your own way.	Practicing Peace	Read sub-section '(v) Sacrificial love – the movement of the heart towards another' to the end of the chapter, pp. 69–74.
Friday		Meditate	"In Christ, we find God stepping right into the mess of our sin and violence, taking the initiative to relate to us <i>despite</i> our violence, in order to restore us to relationship." (p. 70)
Bible reading	Isaiah 53	Intercession	Offer to God the people and situations that have come to mind during today's study.
Practicing Peace	Read sub-sections '(iii) Forgiveness and reconciliation' and '(iv) Non-retaliatory loving solidarity', pp. 65–69.	Contemplation	Set a timer and rest in God's presence. Conclude in your own way.

Sunday Lent 3

Read the **Summary** of chapter 4 on pp. 74–75. Choose one or more of the points and meditate on it.

Read the **Reflect** section on p. 75. Choose one or more questions to ponder and write your responses.

Write out any questions or thoughts you have about the chapter's topic, *Christ gives a peace that the world cannot give*.

Week Four

Chapter 5 – Touchstone Four

Christ enables us to practice peace

Monday

Bible reading Romans 6:3–5

Practicing Peace Read the section 'Becoming human', pp. 76–78.

Meditate "When we voluntarily die to (egoic) self by consciously placing ourselves in the service of Christ, we are embracing what it means to be a full human being." (p. 78)

Intercession Offer to God the people and situations that have come to mind during today's study.

Contemplation Set a timer and rest in God's presence. Conclude in your own way.

Tuesday			
Bible reading	1 John 4:16–19		
Practicing Peace	Read from the heading ‘The mind of Christ and gifts of the Spirit’ (top of p. 79) and sub-section ‘(i) Courage: the fear of death is dispelled’ (ending at the top of p. 82), pp. 79–82.		
Meditate	“Whenever we make a conscious attempt to live and lead nonviolently, we are making an act of courageous trust in which there is no certainty of the outcome.” (p. 81)		
Intercession	Offer to God the people and situations that have come to mind during today’s study.		
Contemplation	Set a timer and rest in God’s presence. Conclude in your own way.		
Wednesday			
Bible reading	John 15:7–17		
Practicing Peace	Read sub-sections ‘(ii) Peace and joy’ (near the top of p. 82), and ‘(iii) Kenotic space-making’ (ending halfway down p. 84), pp. 82–84.		
Meditate	“A vital expression of the mind of Christ is the <i>practice</i> of creating space for others through our own self-emptying, just as God ‘emptied himself, taking the form of a servant’ (Phil 2:7).” (p. 83)		
Thursday			
Bible reading	Ephesians 4:1–6		
Practicing Peace	Read sub-section ‘(iv) Prototypes of peace: catalyzing positive mimesis’, pp. 84–89. (Note the typographical error on p.88: the Scripture reference on the first bullet point should be Ephesians 4:2–7.)		
Meditate	“The church, as a people imitating the kenotic pattern of Christ’s life, is a radical new social construction—a universal humanity.” (p. 87)		
Friday			
Intercession	Offer to God the people and situations that have come to mind during today’s study.		
Contemplation	Set a timer and rest in God’s presence. Conclude in your own way.		
Bible reading	Matthew 5:23–25		
Practicing Peace	Read sub-section ‘(v) Justice means setting relations right’, pp. 89–92.		

Meditate	“The people most able to set relations right are victims, offenders, and their supporting communities.” (p. 90)	Sunday Lent 4
Intercession	Offer to God the people and situations that have come to mind during today’s study.	Read the Summary of chapter 5 on pp. 95–96. Choose one or more of the points and meditate on it.
Contemplation	Set a timer and rest in God’s presence. Conclude in your own way.	Read the Reflect section on p. 96. Choose one or more questions to ponder and write your responses.

Saturday

Bible reading	Romans 7:19–24
Practicing Peace	Read the section ‘Reality checking’, pp. 92–95.
Meditate	“Even when circumstances are at their ugliest, the gospel invites us to consider not ‘how is God <i>in</i> this’ but ‘what can God’s love bring <i>out of</i> this?’” (pp. 94–95)
Intercession	Offer to God the people and situations that have come to mind during today’s study.
Contemplation	Set a timer and rest in God’s presence. Conclude in your own way.

Week Five

Chapter 6

Nonviolence and Scripture

Monday

Bible reading 1 Samuel 15:1–3

Practicing Peace Read from the beginning of the chapter to end of the second last paragraph on p. 98, ending ‘What the hell is going on here?’, pp. 97–98.

Meditate “The Scriptures are full of stories of violence, and this violence is frequently attributed directly or indirectly to God.” (p. 97)

Intercession Offer to God the people and situations that have come to mind during today’s study.

Contemplation Set a timer and rest in God’s presence. Conclude in your own way.

Tuesday

Bible reading Luke 24:13–32

Practicing Peace Read from the last paragraph on p. 98 to the end of the first paragraph on p. 100, ending with ‘we need a direct encounter’, pp. 98–100.

Meditate “God is only known through an experienced encounter with God.” (p. 100)

Intercession Offer to God the people and situations that have come to mind during today’s study.

Contemplation Set a timer and rest in God’s presence. Conclude in your own way.

Wednesday

Bible reading 2 Timothy 3:14–17

Practicing Peace Read from the second paragraph on p. 100 starting with ‘How then should we approach ...’ to the end of sub-section ‘(ii) Discard the Old Testament’, top of p. 102, pp. 100–102.

Meditate “We should be discomfited with violence everywhere in the Bible.” (p. 101)

Intercession Offer to God the people and situations that have come to mind during today’s study.

Contemplation	Set a timer and rest in God's presence. Conclude in your own way.	Meditate	"The biblical text is a living example of the perpetual human struggle between discerning the Christlike God and being drawn into the mimetic vortexes of human violence." (p. 104)
Thursday			
Bible reading	Matthew 5:33–42	Intercession	Offer to God the people and situations that have come to mind during today's study.
Practicing Peace	Read sub-sections '(iii) Progressive revelation' and '(iv) Progressive discernment', pp. 102–104.	Contemplation	Set a timer and rest in God's presence. Conclude in your own way.
Meditate	"Jesus and the biblical authors take older scriptural traditions and adapt them to new contexts in ways that would have seemed quite alien to the original authors." (p. 104)	Saturday	
Intercession	Offer to God the people and situations that have come to mind during today's study.	Bible reading	Matthew 25:29–30
Contemplation	Set a timer and rest in God's presence. Conclude in your own way.	Practicing Peace	Read from the last paragraph on p. 106 starting 'For the Christian disciple ...' to the end of the chapter, pp. 106–108.
Friday		Meditate	"The stories of violent scapegoating in the name of God may shock us into thinking, 'This is me; I have done that.'" (p. 107)
Bible reading	1 Samuel 8:4–10	Intercession	Offer to God the people and situations that have come to mind during today's study.
Practicing Peace	Read from the start of sub-section '(v) Discernment in travail' to the end of the biblical quote (John 16:13) near the bottom of p. 106, pp. 104–106.	Contemplation	Set a timer and rest in God's presence. Conclude in your own way.

Sunday Lent 5

Read the **Summary** of chapter 6 on p. 108. Choose one or more of the points and meditate on it.

Read the **Reflect** section on p. 108. Choose one or more questions to ponder and write your responses.

Write out any questions or thoughts you have about the chapter's topic, *Nonviolence and Scripture*.

Week Six

Chapter 7

Nonviolence, judgment, and wrath

Monday

Bible reading 1 Samuel 2:1–10

Practicing Peace Read from the beginning of the chapter to the end of the second paragraph on p. 111 ending with ‘... for the guilty to be punished’, pp. 109–111.

Meditate “At its best, judgment involves clear and compassionate truth-speaking and a desire to actively work against dehumanizing forces.” (p. 111)

Intercession Offer to God the people and situations that have come to mind during today’s study.

Contemplation Set a timer and rest in God’s presence. Conclude in your own way.

Tuesday

Bible reading Deuteronomy 28:58–68

Practicing Peace Read from the third paragraph on p. 111 starting ‘Despite making a strong link ...’ to the end of the third full paragraph on p. 113, ending with ‘... physician, parent, and teacher’, pp. 111–113.

Meditate “Understanding the judgment of the Christlike God requires us to reconceptualize judgment in nonviolent terms within the context of the loving relationships of the Trinity and a God who is irrevocably committed to humanity.” (p. 113)

Intercession Offer to God the people and situations that have come to mind during today’s study.

Contemplation Set a timer and rest in God’s presence. Conclude in your own way.

Intercession

Offer to God the people and situations that have come to mind during today’s study.

Contemplation

Set a timer and rest in God’s presence. Conclude in your own way.

Thursday

Bible reading Hosea 11:1–4

Practicing Peace Read from ‘(ii) Loving Parent’ to the end of p. 117, pp. 116–117.

Meditate “One way of thinking about wrath spiritually is in terms of natural consequences for actions.” (p. 116)

Intercession Offer to God the people and situations that have come to mind during today’s study.

Contemplation Set a timer and rest in God’s presence. Conclude in your own way.

Wednesday

Bible reading John 3:16–21

Practicing Peace Read sub-section ‘(i) Physician’, pp. 113–115.

Meditate “The fire of the Holy Spirit illuminates and reveals both the truth about Christ’s love and the truth of our human condition, and therefore ‘judges’ sin.” (p. 115)

Friday

Bible reading John 9:2–5, 39

Practicing Peace Read from the heading ‘Nonviolent judgment’ to the end of the bullet list halfway down p. 119, pp. 118–119.

Meditate	“The judgement of God works as penetrating and corrective truth within the context of a committed covenantal relationship.” (p. 118)	Palm Sunday Lent 6
Intercession	Offer to God the people and situations that have come to mind during today’s study.	Read the Summary of chapter 7 on p. 120. Choose one or more of the points and meditate on it.
Contemplation	Set a timer and rest in God’s presence. Conclude in your own way.	Read the Reflect section on p. 121. Choose one or more questions to ponder and write your responses.
Saturday		
Bible reading	Luke 15:25–32	Write out any questions or thoughts you have about the chapter’s topic, <i>Nonviolence, judgment, and wrath</i> .
Practicing Peace	Read from the third paragraph on p. 119 starting ‘One of the most beautiful ...’ to the end of the chapter, pp. 119–120.	
Meditate	“Hard-heartedness is <i>judged</i> (illuminated) and healed, not through condemnation but through kindness and generosity.” (p. 120)	
Intercession	Offer to God the people and situations that have come to mind during today’s study.	
Contemplation	Set a timer and rest in God’s presence. Conclude in your own way.	

Week Seven

Chapter 8

Nonviolence and Hell

Monday

Bible reading Mark 9:43–48

Practicing Peace Read from the beginning of the chapter to the end of the second paragraph on p. 124 ending ‘... a place of torment called hell?’, pp. 122–124.

Meditate “The language of a *final judgment* ... speaks to an instinct in most people that ‘bad’ people should not get away with cruel behavior that violates others.” (p. 124)

Intercession Offer to God the people and situations that have come to mind during today’s study.

Contemplation Set a timer and rest in God’s presence. Conclude in your own way.

Tuesday

Bible reading Luke 15:3–7

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Read from the last paragraph on p. 124 starting ‘In my experience ...’ to the end of p. 125, pp. 124–125.

Meditate

“God will either patiently wait for us or actively seek us out, as long as it takes, even beyond physical death.” (p. 125)

Intercession

Offer to God the people and situations that have come to mind during today’s study.

Contemplation

Set a timer and rest in God’s presence. Conclude in your own way.

Wednesday

Bible reading 1 Peter 4:6

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Read from the top of p. 126 to the end of the second quote halfway down p. 127 ending ‘... until they open to him’, pp. 126–127.

Meditate

“We can think of language of hell as a teaching and pastoral intervention, as a warning, a wake-up call, a radical surgery, or a purifying fire.” (p. 126)

Intercession

Offer to God the people and situations that have come to mind during today’s study.

Contemplation

Set a timer and rest in God’s presence. Conclude in your own way.

Maundy Thursday

Bible reading Romans 8:38–39

Practicing Peace Read from halfway down p. 127 starting ‘In the last two chapters ...’ to the end of the chapter, pp. 127–128.

Meditate “We live in an in-between space and time where the forces of violence are strong, but the emerging reign of God’s peace is a present reality and a certain hope.” (p. 127)

Intercession Offer to God the people and situations that have come to mind during today’s study.

Contemplation Set a timer and rest in God’s presence. Conclude in your own way.

Good Friday

Practise your usual Good Friday observance today. If you wish, use the following devotional.

Bible reading Matthew 27:50–54

Meditate The tombs also were opened, and many bodies of the saints who had fallen asleep were raised. (Matthew 27:52)

Intercession Offer to God the people and situations that have come to mind during today’s devotion.

Contemplation Set a timer and rest in God’s presence. Conclude in your own way.

Holy Saturday

Read the **Summary** of chapter 8 on p. 128. Choose one or more of the points and meditate on it.

Read the **Reflect** section on p. 128. Choose one or more questions to ponder and write your responses.

Write out any questions or thoughts you have about the chapter’s topic, *Nonviolence and hell*.

Easter Day

Practise your usual Easter Day observance. If you wish, use the following devotional.

Bible reading John 20:19–23

Meditate Jesus came and stood among them and said, ‘Peace be with you.’ (John 20:19)

Reflection If you kept a journal during this study, read over your notes. Have a conversation with God about this study. What have you learned or adopted into your life? Do you feel God is calling you in a particular way or revealing something particular to you?

Intercession Offer to God the people and situations that have come to mind during today’s devotion.

Contemplation Set a timer and rest in God’s presence. Conclude in your own way.

What's next?

We hope you will read the rest of *Practicing Peace* at your own pace.

Part 2 Contemplation gives practical insight and advice on how to develop maturity and a peaceful approach to life through contemplation of God's character and reflection on our own beliefs, attitudes and behaviours.

Part 3 Action provides guidance on working in the world in a way that takes the demands of peace seriously. It looks particularly at how we work together in groups and what peaceful dynamics of social interactions look like.

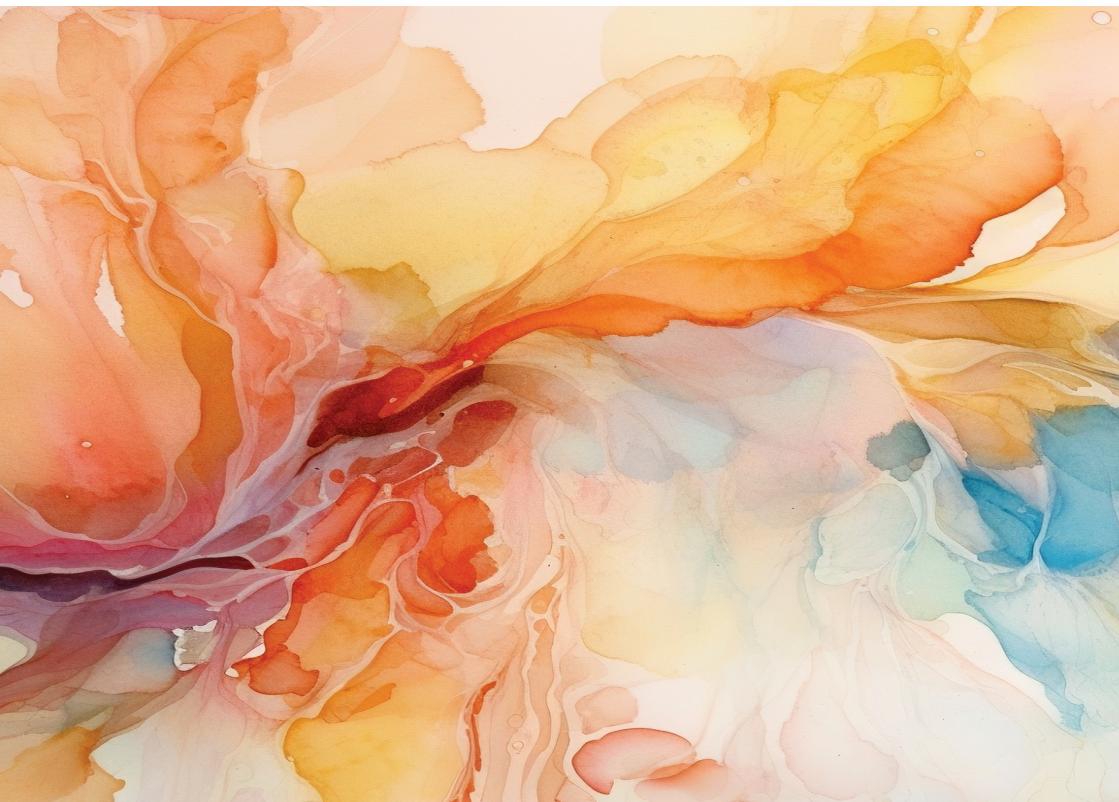
Engaging with the author

If you would like to give feedback or ask questions of Rev. Michael Wood, the author of *Practicing Peace*, you can reach him via the contact page at www.openspacecoachingandfacilitation.com.

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