
Spirituality of Peace

Much can be accomplished to transform violence and create peace in our world by simply practicing certain skills with others. But at the deepest level, peace is centered and grounded in a spirituality where what we do arises out of who we are, allowing the Spirit of peace to work within and through our lives.

A spirituality for peace invites us to

1. Believe that God is working in the world to bring about wholeness and harmony within and among all people and creation.
2. Engage in spiritual practices like prayer and meditation to awaken us to the Spirit of God within us and all people.
3. Remember who we and others are as children of God and members of the same human family, who—regardless of color, class, creed, or deeds—deserve to be treated with respect.
4. Reverse the spiral of violence by resisting the retaliatory urge to harm others when harmed, and by doing to others as we would have them do to us, not doing to others as they do to us.
5. Align our lives with God's purpose of receiving and extending an abundant life of freedom, love, and peace in the world.
6. Take an appreciative stance toward life, beholding what is good in the world, living with hope, and allowing the creative power of this to be a positive force for change.
7. Allow the Spirit of God to heal the roots of violence within us—our intrapersonal wounds, pain, and conflicts.
8. Let the Spirit form a character that is gentle and strong, understanding and compassionate, forbearing and forgiving, and, above all, loving.
9. Engage with the Spirit's work of transforming interpersonal conflicts and social systems of oppression that lead to violence, so that there may be reconciliation, justice, and peace.
10. Participate in a community of the Spirit—joining a company of others who seek to live in love and peace.

--Steve Thomas