

A RHYTHM OF LIFE FOR
JUSTICE AND PEACE



THE CENTER FOR
FORMATION
JUSTICE
AND PEACE

“As we gently work our way to stillness of soul, tranquility of heart, lightness of disposition, and peace of mind, we continually become human as God intended—lovers who will the good of the diverse persons with whom we interact.”

—*Todd Hunter*

Formation is...

Spiritual formation helps us reclaim the relationship with God and the abundant life we were designed for. It shapes our personalities to become more of our true selves—a truer version of who God made us to be. We do this through grace-based practices like prayer, fasting, silence, study, solitude, Examen (an ancient technique of prayerful reflection) and many others.

The relationship between formation and action is symbiotic. Visualize it like train tracks—one rail is formation and the other is action, and the train needs both to run. If we focus on action but neglect our formation, we spin out. But if we focus on our formation and fail to take action, we stall out. Pairing justice with formation is so important because the unformed, unloved heart is the true source of evil in humanity. Jesus knew this, and it was core to his life and teaching. Likewise, Martin Luther King, Jr.'s work was animated by his personal formation in agape love. Through spiritual transformation, our hearts can become a source of life.

Proverbs 4:23 says, “Above all else, guard your heart, for everything you do flows from it.” In spiritual formation, we are aiming for change of the inner person, where our actions—good or evil—originate. We pray to be formed into the kinds of people for whom seeking the peace of the whole community is the natural thing to do.

Formation asks us to think about:

- What we really believe about God
- Who we are when no one's looking
- What we really want—the secret desires of our hearts
- The dynamics of our intimate relationships and the ways we engage with strangers
- The means we use to accomplish our ends
- The qualities we want people to remember about us

“Everyone is in a process of spiritual formation. We are being shaped into either the wholeness of the image of Christ or a horribly destructive caricature of that image—destructive not only to ourselves but also to others, for we inflict our brokenness upon them . . . The direction of our spiritual growth infuses all we do with intimations of either Life or Death.”

— *M. Robert Mulholland Jr.*

Justice is...

God's justice involves making individuals, communities, and the cosmos whole. It is God's loving insistence on mending a marred world. Throughout the scriptures, in various contexts, we are invited to live out this historic value in our day. For instance, James 1:27 says the kind of "religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world." Isaiah 1:17 echoes, "Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow." Jeremiah 29 urges us to seek the welfare of the city and in it find our welfare.

Today's hot-button issues of justice—include voting rights, climate change, healthcare, immigration, racial injustice, gun violence and so much more—can feel complicated and politicized. In the Rhythm of Life for Justice and Peace, we won't focus on one specific issue, but on prioritizing personal awareness of injustice, becoming the kind of person who can do the good you want to do right where you are, and

developing the ability to discern the unique work the Spirit is calling you to do in your context. We are sometimes tempted to make justice issues abstract/disembodied, happening somewhere far away. If we really care about an issue, we will go beyond just thinking about it and tangibly change things in our own life, in our local context, to reflect our desire for change.

Justice asks us to think about:

- How we identify and respond to instances or systems of injustice
- How we make choices in everyday living situations
- How we leverage our privilege and power for others
- How we participate in production and consumption
- How we engage with others' individual decisions in standing for justice

“Justice is what love looks
like in public.”

— *Cornel West*

Peace is...

The word peace comes from the original Latin word “pax,” a pact or agreement to end war or conflict. Throughout human history, peace has essentially meant the absence of war. But external peace in society rests on the internal peace within a human being’s own heart and soul, a peace that only comes from following Christ and becoming more like him. Philippians 4:6 says that it’s possible to maintain this kind of Christlike peace even in chaotic, uncertain or war-torn circumstances. Colossians 3:15 says, “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.” Throughout the biblical narrative, we see peace portrayed as “shalom”—completeness, soundness, wholeness, contentment and a prevailing sense of wellbeing, enabling an inner life marked by quiet as opposed to noisy conflict.

Peace asks us to think about:

- How we seek peace with God, neighbor and self
- How we embody a non-anxious presence at home or at work
- How we respond when we are wronged or misunderstood
- How we prioritize compassion over correctness
- How we dialogue with people who are different from us
- How we actively break down divisions in our families and neighborhoods
- How we take proactive steps toward justice in our communities
- What it means to be committed to nonviolence

“While you are
proclaiming peace with
your lips, be careful to
have it even more fully in
your heart.”

— *St Francis of Assisi*

Daily Rhythm

In the morning... (pg 20)

Dedicate Yourself to God and Others.

5 minutes



Throughout the day... (pg 22)

Be Present to the People and Events of Your Life.

5 Minutes



In the evening... (pg 24)

Reflect on Justice and Peace.

5 minutes



“Christians are bound to recognize any passionate concern for social justice. Such concern is basic in the Christian doctrine of the Fatherhood of God and the brotherhood of man.”

— *Martin Luther King,
Strength to Love*

Beginning a Rhythm of Life for Justice and Peace

A Rhythm of Life, often referred to as a Rule of Life, incorporates a set of daily practices designed for spiritual formation. A Rhythm of Life helps create space for us to be with Jesus, become like him, and do what he did. In so living we find abundant life (John 10:10) from which to pursue justice and peace for all people. As we are formed in Christlike character, we will experience a richness that overflows into the lives of others.

The idea of a Rhythm of Life began in Christian monastic communities, most notably Saint Benedict in the 6th century, who used his “Rule” to structure the Benedictine community’s common life and point them toward living in peace with Christ and each other. A Rule or Rhythm is a way of life that leads to freedom, not a list of dos and don’ts.

Many centuries later, The Center’s Rhythm of Life is for beginners. It is a gentle, foundational way to develop the basics of Christlike character necessary to activate justice, leading to a life of deep peace for all people. Think of your Rhythm of Life as a trellis on which a plant gently grows, bearing its leaves and producing its fruit and flowers.

This daily Rhythm for Justice and Peace is a first step to developing the inner character you need to consistently seek justice and peace in the manner of Jesus. It will help motivate you to labor for others’ flourishing in every regard, even at personal cost, so that all people may be made whole. This Rhythm will also help you cultivate an imagination for bringing wholeness, contentment and peace to people and everyday interactions.

Spiritual formation is the catalyst to your journey of justice and peace, and it also sustains the journey. Formation, justice and peace don’t always happen in a linear progression. Instead, you’ll see them begin to happen simultaneously, interacting with each other and fostering growth in your life.

Before you begin your Rhythm of Life, you'll want to take these six key steps:

1. DREAM

Begin your journey by becoming aware of your imagination. What we imagine and dream is a part of how we achieve a different self and world. We all imagine and dream naturally. When we notice our imaginations, it can be a powerful tool in changing our narratives.

2. INTEND

Formation for a life of justice and peace only comes as we intend spiritual growth and seek it. Be ready to buck the status quo of busyness and apathy as you try to become aware of the pain and injustice in our world.

3. PLAN

Set a reasonable time period for you to try out this Rhythm of Life. A good place to start is 30 days—it's an intentional commitment that allows you to begin to see your transformation into a person of justice and peace. If you need to travel or happen to get sick or distracted during that time, don't worry—just pick up where you left off.

Think through your typical day and plan to set aside five minutes in the morning, five minutes in the afternoon, and five minutes in the evening for the practices in this Rhythm. If it's only realistic for you to do one or two five-minute segments, just do that. This Rhythm is designed to be practiced within your real, everyday life.

4. RELEASE OUTCOMES

Living with a Rhythm of Life is not a matter of perfection or win/lose, but of a day-by-day practice in following Jesus for the good of others. Let your Rhythm be like a flowing stream—it has banks, but is coursing, moving, rippling. Follow wherever the Spirit leads—the person and work of the Spirit are central to developing the Christlike character necessary to activate justice.

5. CONNECT

Taking on this Rhythm of Life is a personal decision, but it's also communal—we are always connected to one another in the body of Christ, and at the Center for Formation, Justice and Peace, we are committed to journeying together.

While trying this Rhythm of Life, ask a friend to pray for you and hold you accountable. It may also be beneficial to connect with a spiritual director/coach or mentor. Along with spiritual friends, a spiritual director/coach/mentor offers invaluable help for discerning and cooperating with the work of God already happening in your life.

6. ASSESS

Self-assessment is perhaps the most important step in preparing to do the work of justice. We must each evaluate the realities of our own formation. You may find that you are ill-equipped to do the good you want to do—and that's OK. Notice what is real about you, but be careful not to judge yourself too harshly. Humbly take into account your history, personality, hopes, fears, callings and passions. See the Self-Assessment Worksheet on the next page.

Self-Assessment Worksheet

Reflect on and finish the statements below. You may consider starting a journal dedicated to this Rhythm of Life (see journal prompts on page 28).

How do I sense that God is calling me to stretch and grow in the areas of justice and peace?
What do I want to change about my own heart?

What am I lamenting? In what ways do I notice the world not reflecting God's heart for justice?

What do I notice that I need to repent of? What are some of the ways I see myself not reflecting God's ideals for justice and peace -- whether in my heart or in my deeds?

What am I afraid of?

I am inspired to do justice when I see ...

I define spiritual formation as ...

I describe justice as ...

I imagine deep peace in my life as ...

Compassion looks like...

The injustice that keeps me up at night is ...

I believe what is missing in the Church's approach to justice is ...

The top three qualities I see in a person who is formed well to love well are ...

Justice Audit / Community Assessment Worksheet

Sometimes we focus on national issues that are grievously unjust, but we don't have much of an ability to influence them. To gauge your personal, local awareness of injustice and your unique role as a peace-maker, answer the questions below.

What are the social groups I find myself a part of on a daily basis? (church, school, neighborhood, work, friends, volunteer work, etc.)

What are the actual issues affecting people I am in relationship with?

Am I insulated from real issues of injustice that are happening around me? If so, why?

Are there issues of injustice that I am aware of in my larger community but don't seem to be immediately impacting my friends/social network? If so, why?

Do I need to seek out a more diverse circle of friends (especially related to ethnicity and socioeconomic class) and enter into relationships with people who are experiencing injustice? If so, how can I begin pursuing these friendships?

Am I educating myself through reliable sources (news, neighbors, leaders) to become more aware of local places and situations where injustice might happen? If not, how can I find these sources?

Am I creating space in my life to lament injustice in my city and also release the temptation toward bitterness or cynicism? If not, how can I build this into my life?

Are there things I need to repent of? What attitudes, habits or lifestyle patterns do I need to give up so I can be more attentive to how the Spirit might want me to address injustice around me?

How can I intentionally seek out people and places where God might be able to use me to bear witness to shalom—God’s comprehensive peace?

A Prayer for Deliverance

*We beg you, Lord, to help and defend us.
Deliver the oppressed,
Have compassion on the despised,
Raise the fallen
Reveal yourself to the needy,
Heal the sick,
Bring back those who have strayed from you,
Feed the hungry,
Lift up the weak,
Remove the prisoners' chains.
May every nation come to know that you are God alone,
That Jesus is your Son,
That we are your people, the sheep of your pasture.*

—Clement, Third Bishop of Rome

**Reflect: How does this prayer awaken
you to the needs of the world?**

Formational Practices for Justice and Peace

In this Rhythm of Life for Justice and Peace, we've incorporated the following practices to lead us toward the Christlike character necessary to activate justice.

The Practice of Lament

Lamenting to God in prayer expresses the ways our world does not reflect God's heart for justice. When we grieve the world's brokenness, it both nurtures and sustains our relationship with God, opening us to God's loving action.

The Practice of Silence and Solitude

Solitude and silence make space in our souls and lives for God to do a deep work in and through us, forming us to be agents of justice and peace.

The Practice of Listening

Listening to and for God's voice helps us become more aware of God's presence with us and God's steady, patient work in the world. You might listen through scripture, poetry, music, art or lectio divina.

The Practice of Presence

Long associated with Brother Lawrence, practicing the presence of God is a spiritual exercise that challenges us to remain focused on God during our everyday tasks and interactions.

The Practice of Examen

Created by St. Ignatius of Loyola, Examen is a technique of prayerful reflection on your day to detect God's presence and discern God's direction.

In the Morning... Dedicate Yourself to God and Others.

You'll Need:

Five minutes
A quiet-ish, comfortable space
A journal and pen
A Bible (if desired)

Dedication in this context means devoting yourself—your temperament, time, gifts, energy, dreams—and your day to God and others.

1. In solitude and silence, simply open to God.

Say the following scripture several times in a reflective, unhurried pattern:
“Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my strength and my redeemer.” —Psalm 19:14

2. Preview the people and events of the day ahead. What opportunities might you have for doing good? What areas of injustice might you encounter? What people might you rub shoulders with who are the least and last?

Are you going into the day feeling hurried, and if so, can you intentionally slow down? Eugene Peterson says, “Love takes time. Time is the one thing a person in a hurry doesn’t have.”

3. Consecrate yourself to God as an agent of healing.

Offer up this prayer:

*God grant that violence be overcome by the power of love,
that opposition give way to reconciliation
and that the desire to oppress be transformed
into the desire for forgiveness, justice and peace...
May peace be in our hearts
so that they are open to the action of God's grace...*

*May all members of the family community,
especially children, the elderly, the weakest,
feel the warmth of this feast,
and may it extend subsequently to all the days in the year. Amen.*

—Pope Benedict XVI

4. Dedicate your day to God. Determine to do nothing more or nothing less than what God is asking of you to do.

Say the following scripture several times in a reflective, unhurried pattern:

He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God? Micah 6:8

As you enter this day, is the Spirit placing something/someone on your heart? What is the Spirit asking you to say or do?

Lord, Lord, open unto me
Open unto me, light for my darkness.
Open unto me, courage for my fear.
Open unto me, hope for my despair.
Open unto me, peace for my turmoil.
Open unto me, joy for my sorrow.
Open unto me, strength for my weakness.
Open unto me, wisdom for my confession.
Open unto me, forgiveness for my sins.
Open unto me, love for my hates.
Open unto me, thy Self for my self.
Lord, Lord, open unto me! Amen.

—Howard Thurman, Baptist pastor and theologian

**Reflect: What do you most need God
to open to you today?**

During the Day ... Be Present to the People and Events of Your Life.

You'll Need:

A gentle awareness...a heart that focuses your eyes and ears to what others are going through and what God is doing.

As you walk through your day, you're invited to interact with God's Presence and also become present to the people and events you encounter—including the pain, suffering and injustice around you. This requires the simple act of paying attention. Before you go into a meeting, answer the phone, make dinner or begin any of your other daily activities, ask God to help you to be present. Being fully present means a full awareness of what's going on around you, not looking behind or ahead of you.

You may want to take five minutes midday to check in and ask yourself:

1. Am I actively noticing occasions to be an agent of hope, healing, reconciliation, justice and/or peace?

Being God's agent means a willingness to let God work through you to bring about needed healing—being Christ's hands, feet and eyes in the world. It can also include being vulnerable and asking others to enter into your own struggles.

2. What necessary gifts or graces am I lacking today that I need to ask God for?

Necessary graces (qualities of being) : agape love, patience, attentiveness, healing, confidence, etc.

Necessary gifts (of the Spirit): wisdom, knowledge, discernment, etc.

Here is a prayer for social justice from the Book of Common Prayer that you can pray as you are working, waiting, walking, etc.:

Grant, O God, that your holy and life-giving Spirit may so move every human heart [and especially the hearts of the people of this land], that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. Amen.

“The message to the stranger is clear: Come right in and disturb our lives. You are the Christ for us today.”

—*Sister Joan Chittister*

Reflect: Who is “the Christ” for you today? How can you welcome the disturbance he or she brings?

In the Evening...

Reflect on Justice and Peace.

You'll Need:

Five minutes

A quiet-ish, comfortable space

A journal and pen

A Bible (if desired)

The Ignatian practice of Examen can help you see and reflect on God's hand at work in your daily formation in justice and peace. We offer two options for Examen below:

OPTION 1

1. Today, when did you experience the presence or consolation of God—when you felt you were moving in harmony with the Spirit's desire for justice and peace?
2. Today, at what moments did you experience desolation or the perceived absence of God—when in fear, doubt, complacency or apathy you ignored or resisted God's call to be an agent of healing or justice?
3. Can you hear an invitation from the Holy Spirit attached to these realizations?
4. Do you need to ask God to forgive you for your complicity in systemic injustice (any system that either requires or encourages those within the system to break the moral laws God revealed for God's creatures' flourishing) or to forgive those who have perpetrated it on you and others?

5. What need or injustice did you encounter today that you would like to bring before God?

Close your practice of Examen with the following prayer:

*O Lord, open my eyes that I may see the needs of others
Open my ears so that I may hear their cries;
Open my heart so that they need not be without succor;
Let me not be afraid to defend the weak because of the
anger of the strong,
Nor be afraid to defend the poor because of the anger of
the rich.
Show me where love and hope and faith are needed,
And use me to bring them to those places.
And so open my eyes and my ears
That I may this coming day be able to do some work of
peace for thee.*

—Alan Paton

OPTION 2

An Examen for These Days

Thank you.

Thank you that you are near to all you have made. All are made in your image in love, with love, and because of love. Thank you that you are close to me and you love me.

Show me.

Show me every place you are present and active on this earth that is groaning to be remade. Show me in everyone your commitment to make all things new. Shine the light of truth into the darkest of places and expose every lie that holds me, your people, and your creation captive.

Let me see.

Let me see what has yet to be renewed in faith, love, and hope in every system, structure, institution, and group. Open my eyes to the ones you love who suffer injustice, oppression, and hate. Where have I ignored your call to act on behalf of others? Where has my own comfort or privilege blinded me to the needs of and unfair practices against others?

Let me see your heart for the victims of oppression and for those who oppress. Open my eyes to my own soul. How am I really doing? Help me talk to you, God, about the anger, sadness, fear, and hurt that lives in me as a result of the racism, division, ignorance, and apathy I witness. Let me see that you are with me in it.

Forgive me.

Forgive me for where I have given darkness free reign—through my actions or my silence. Forgive me for my chosen ignorance and weary resignation. Forgive me for thinking that you've left it this way on purpose, that you're not able or willing to help, and that you'll never intervene. I am worn out and tired. Forgive me for forgetting that it was never my battle alone to fight—that it was never my name at stake, but yours.

Lead me.

Lead me down every road that ends in peace. Lead me into faith, hope, and love. Lead me to pursue justice and equity for all you have made—and give me the strength, stamina, and vision to do so. Let me follow the lead of Jesus who chose humility and solidarity with the weak. Most of all, lead me today into your presence to receive the faith, hope, and love I need to keep on going.—**Katie Haseltine**, *All the Things: A 30 Day Guide to Experiencing God's Presence in the Prayer of Examen*

Litany of Peace

This litany is a great way to involve family or friends in your Rhythm of Life. You might want to read it responsively around the dinner table or at bedtime.

One: God, so many people are in pain.

All: Teach us the way to peace,

One: When people around us don't agree and think differently.

All: Teach us to listen and try to understand.

One: When we see people getting hurt,

All: Teach us to speak up.

One: When we see people treated poorly because of their skin color, or language, or religious belief,

All: Teach us to be an example of love and acceptance.

One: When we see war and conflict,

All: Teach us how to make a difference and seek peace.

One: When we see pain,

All: Teach us to bring healing.

One: When we feel confused and afraid,

All: Remind us to talk to our friends, our family and to you.

One: In our lives, our neighborhoods and the world,

All: Teach us to pray and teach us the way of peace.

—*Evangelical Lutheran Church in America*

Go Deeper

This Rhythm of Life is a simple way to begin to develop the Christlike character necessary to activate justice, leading to a life of deep peace for all people. If you'd like to go deeper, we suggest trying one of the following:

Lectio Divina

This practice is a slow, rhythmic reading and praying of a Scripture passage. You may want to try doing Lectio Divina on these justice-oriented Scriptures:

Psalm 33:5

Psalm 37:27-29

Romans 12:9

Isaiah 30:18-19

Isaiah 61:8-9

Zechariah 7:9

Visio Divina

This practice (Latin for “divine seeing”) is a method for praying with images or other media.

Some of our favorite artists of color whose work lends itself to Visio Divina:

Mako Fujimara

He Qi

Laura James

Fixed Hour Prayer

This practice is also described as the Divine Office or the Liturgy of the Hours. There are traditionally eight “offices” you can choose from, but we recommend starting with four.

Lectionary Readings

Reading the Lectionary means joining Christians around the globe in reading certain sections of the Bible appointed to be read on certain days of the year. Reading the scriptures together in this pattern allows us to relive the story of God and God’s redemptive plan for humanity.

Journal Prompts for Deeper Reflection

- **Look Back.** How does your faith (or faith upbringing) inform your personal pursuit of justice?
- **Look Forward.** Why isn't the Church shaping people who are better equipped to do justice in the world? What changes do you think the Church needs to make?
- **Look Up.** God is a Trinity of persons who by nature completely embody agape love. How do you think perfectly powerful and loving persons treat each other? What would it look like to develop this loving and space-making posture in your own life? What would change if such love animated your own attitudes, words and deeds?
- **Look Around.** Who is your personal "Formed Well Hero," someone modeling the life of justice and peace that you want to live? Why do you admire this individual and what can you learn from them?
- **Look Out.** If nothing was holding you back, what good would you do in the world? What is the most loving thing you could realistically do today? What lasting impact do you hope to make over the course of your life?

Next Steps Toward Embodied Justice

The Rhythm of Life for Justice and Peace prompts us to local embodiment of action. When we focus on the people and places within our sphere of influence, it gives us agency. We can change tangible things in our own lives and communities that reflect our passion for justice and peace.

Here are a few steps you can take:

Educate yourself.

Familiarize yourself with justice issues you're passionate about and research what is being done about them. Whether it's hunger and food insecurity, gun violence, voting rights, or another issue, understand its history and gain a clearer vision of how you can get involved.

Discover your local organizations.

Many advocacy groups have local chapters. To build connections and get involved, seek out organizers and activist groups in your community.

Take positive action in your city.

Learn about issues in your town or city by watching local news, reading newspapers and listening to podcasts. Write letters and call your elected city and state officials regarding the issues your community faces.

Get active on social media.

Social media platforms provide ways to stay focused and organized around important causes, while facilitating community building, awareness and collaboration. You can join a [private Facebook group](#), post articles or share your personal experience doing this Rhythm of Life for Justice and Peace. #myjusticejourney

Invite friends and family.

It matters that your loved ones see you in action, as it may inspire them to take action as well. You can invite your friends and family to join you in a book club or a movie discussion, or ask them to fundraise, attend a civic meeting, or volunteer with you.

Attend non-violent demonstrations and protests.

Make your voice heard at justice protests in your city. These events give you the chance to meet other leaders and activists who are motivated to seek change.

Volunteer.

Find volunteer opportunities that align with your interests.

[Idealist](#)

[GozAround](#)

[VolunteerMatch](#)

Donate.

To find organizations that fight for issues you're passionate about, use sites like [Charity Navigator](#), a resource that independently rates organizations based on their financial health, accountability and transparency.

Investigate what's happening at local colleges or universities.

If you live near a college or university, there's a good chance that a student-run organization focuses on the issue you care about. Learn what they're doing and get involved.

Support BIPOC-owned businesses.

As a consumer, you have the power to effect change with your purchases. Support local businesses that advocate for change and seek out smaller, minority-owned companies.

Support artists, writers, and activists who speak out against injustices.

Go see their exhibitions, read their books or listen to them speak. Share their work on your social media platforms.

Pursue kindness, understanding and compassion.

Justice and peace begin within your own heart. In a polarized world, we need to listen well to others' experiences and treat them as we want to be treated.

RESOURCES

The Center for Formation, Justice and Peace

www.centerfjp.org

The Center for Formation, Justice and Peace is an interdenominational community that seeks to develop the inner character necessary to activate justice, leading to a life of deep peace for all people.

Peace Talks

An online show and podcast hosted by Bishop Todd Hunter and Vanessa Sadler in which they interview leading activists and practitioners who are modeling exceptional work in justice and peace.

JUSTICE RESOURCES

Jesus and the Disinherited by Howard Thurman

Where Do We Go From Here: Chaos or Community? by Martin Luther King, Jr.

The Violence of Love by Oscar Romero

The Cross and the Lynching Tree by James Cone

Caste by Isabel Wilkerson

How to Fight Racism by Jemar Tisby

I'm Still Here: Black Dignity in a World Made for Whiteness by Austin Channing Brown

FORMATION AND PEACE RESOURCES

Books

Deep Peace by Todd Hunter

Every Moment Holy Vol 1 & 2 by Douglas McKelvey

Beholding and Becoming: The Art of Everyday Worship by Ruth Chou Simons

Soul Care in African American Practice by Barbara Peacock

Liturgy of the Ordinary: Sacred Practices in Everyday Life by Tish Harrison Warren and Andy Crouch

All the Things: A 30-Day Guide to Experiencing God's Presence in the Prayer of Examen by Katie Haseltine

Podcasts/Apps/Websites

Pray as You Go App

Reimagining the Examen App

Every Moment Holy App

The Daily Prayer Project <https://www.dailyprayerproject.com/>

**If you want peace,
work for justice.**

—Pope Paul VI