

Overcoming Personal Violence Worship Materials



Reading: Matthew 13:1-9 (the Parable of the Sower)

Meditation: Sowing the seeds

(Rod Bower)

Take a small seed and place it on the palm of your hand.

Take time to reflect upon it - and on how God's Word is sown everywhere, even in the violent situations of our lives and world...

Then pause and ask yourself these questions in turn, taking time to let the Spirit of God speak and flourish within you...

1. *If this seed is the Word of God planted in me...*

What aspect of my life is: the Path? Rocky Ground? Thorn? Good Soil?

2. *If I am the seed...*

Where is my: Path? Rocky Ground? Thorns? Good Soil?

3. *Reflect on a situation of violence which has troubled you this week (personally or in the lives of others)...*

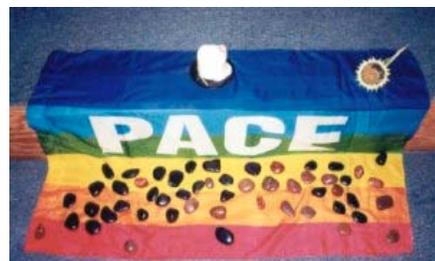
What seeds were planted? Where might God's healing be growing?

Lead me from death to life
from falsehood to truth,
lead me from despair to hope,
from fear to trust,
lead me from hate to love,
from war to peace,
let peace fill our being,
our world and our universe. Amen
(World Prayer for Peace)

Life-giving God
teach us to value each other
as people created in your image
so that love, and not hate,
care, and not harm,
compassion, and not disregard,
peace, and not violence,
will guide our ways
and influence our actions.
Amen.

In the midst of conflict and division.
we know it is you
who turns our minds to thoughts of peace.
Your spirit changes our hearts:
enemies begin to speak to one another,
those who were estranged join hands in friendship,
and nations seek the way of peace together.
Let your spirit be at work in us.
Give us understanding and put an end to strife,
Fill us with your mercy and overcome our denial,
Grant us wisdom and teach us to learn
from the people of the land.
Call us to justice. Amen.

(Australian Catholic Social Justice Council (ACSJC) Prayer card)



Suggested Songs:
(from *Whispers of Peace*)

John Coleman *Circle Me*
Monica Brown *I Can Be A Peacemaker*

SEEDS OF PEACE

The Seed of Peace – a Meditation

Sit quietly in a comfortable position and close your eyes. Allow the tension to fall from your body as you breathe gently in and out.

After a time, picture a single seed in your mind's eye. This is a seed of peace. Imagine this seed planted deep within the good soil of your heart. It lies there in the sheltering earth.

The rain of God's mercy and the warmth of God's love work upon this little seed, until it splits open.

Roots and shoots begin to appear, pushing their way through the moist soil. The first shoot pushes its way to the surface, striving for the light. It is tender and vulnerable, not determined. Its roots sink deeper into the rich soil within you.

You look and see that there are other young shoots just like this one. Some are deep within you, others within the hearts of those known to you. Some are small. Some are sturdy and strong the size of a tree, giving shelter to those who gather beneath them.

The rain continues to fall and the sun to shine upon your shoot, and it begins to grow. You give thanks for its growth, and for all the other trees of peace growing in our world.

You promise to tend the seeds of peace planted within you, and when you are ready, you bring your attention back to the present and open your eyes.