

A12 | Awaken to God's Presence | Nonviolence
Nonviolence Spiritual Practice

Hi this is Tyler Marz, Community of Christ minister and spiritual companion. Part of my journey is finding the divine in everyday life. Today I invite you to join me in a guided prayer as we explore nonviolence.

Violence takes many forms in the world: like wars, policies, oppressive systems, prejudice, and even our words. Sometimes we might wonder, where is God in all of this and what can I do to help?

I will be sharing a prayer titled, God's Gift in the Midst of Violence by Walter Brueggemann. I will read it through once for you to listen and capture the meaning. The second time I will pause after certain sections with questions for you to consider. Feel free to pause the recording during those times to explore the question more deeply or journal. The final time I will read it through for you consider it with new eyes and understandings gained from the questions.

As always, find a comfortable spot. You are welcome to close your eyes if that is helpful and focus on your breathing.

**The world trembles out of control.
The violence builds,
some by terrorism,
some by state greed
dressed up as policy,
violence on every side.**

- (1. Violence can take many forms, what issues of violence do you see at present, either in your community, state, nation, or world?)

**You, in the midst of the out-of-control violence.
We confess you steadfast, loyal, reliable,
but we wonder if you yourself are engaged in brutality.
We confess you to be governor and ruler but we wonder if you manage.**

- (2. Sometimes, amid all of this, we can wonder, where is God in all of this hurt happening. Do you resonate with that, if so, why? If not, why?)

**We in the midst of out-of-control violence,
we in great faith,
we in deep vocational call,
we--alongside you--in the trembling.**

- (3. With great faith and trembling, how is God calling to stand against violence?)

**This day we pray for freedom to move
beyond fear to caring,
beyond self to neighbor,
beyond protection to growth.**

**That we may be a sign of steadfastness,
that anxiety may not win the day.**

(4. What steadfastness is already present within you that anxiety might not win the day?)

**You are the one who said, “Do not be anxious.”
And now we submit to you.ⁱ**

(Read through a third time without questions)

Closing:

From the Words of Doctrine and Covenants 161: 2a

2a. Become a people of the Temple—those who see violence but proclaim peace, who feel conflict yet extend the hand of reconciliation, who encounter broken spirits and find pathways for healing.

May you know that your love, care, peace, and generosity can take action to spread goodness to the world and be an example of nonviolence.

May you rest in God’s unconditional love for you, humanity, and creation.

ⁱ Walter Brueggemann, *Prayers for a Privileged People*. (Abingdon Press: Nashville, TN, 2008), 77.