Catholic Education:

BECOMING ARTISANS *of* PEACE

"Blessed are the peacemakers, for they will be called children of God."
(Matthew 5:9)

Prayer and Activity

Peace from God

Prayer – Peace from God

Loving God,

You place Your peace within us and call us to share it with the world.

In a world filled with noise, pressure, conflict, and uncertainty, help us find quiet moments to listen for Your voice. When we feel overwhelmed, remind us that we are never alone. When we feel hurt or angry, help us turn to You before we react.

When we are tempted to judge or exclude others, remind us of the dignity of every person you have created.

Teach us to be artisans of peace: patient in our words, courageous in our choices, compassionate in our relationships, and faithful in our actions.

May the peace we receive from You become peace we bring to others. Amen

Activity – Peace Pack

- Ask the students to close their eyes and take a few slow breaths.
- Read this to them as they have their eyes closed.
- **“God is here. I do not need to have every answer. I can bring my worries to God. I am loved. I am not alone. With God’s help, I can choose my next step with patience, courage and peace.”**
- Give students a blank backpack image or have them section a piece of paper into 3:
    - **What I carry:** What worries, pressures, or conflicts can make it difficult for me to find peace?
    - **What God offers:** What truth about God’s love, presence, or promises can I turn to?
    - **How I will make room for peace:** What is one realistic practice I can try; prayer, silence, asking for help, pausing before responding, forgiving someone, etc…
    - Have them place this in their binder or religion notebook as a reminder of how to use God’s peace when they need it most.