

**"IT ISN'T ENOUGH TO TALK ABOUT  
PEACE. ONE MUST BELIEVE IN IT. AND  
IT ISN'T ENOUGH TO BELIEVE IN IT.  
ONE MUST WORK AT IT."**

*Eleanor Roosevelt*



### **PRAY FOR PEACE FOR YOURSELF**

Take time to walk around smelling the roses. When you find one with a fragrance you particularly like, stay there. Think about your life and your current challenges, difficulties, fears, concerns, and anything that is not peaceful.

As you smell the roses let these thoughts about peace in your own life come into your mind. Talk to God silently about these things and give thanks to God for answered prayer.

**GOD'S LOVE AND KINDNESS  
WILL SHINE UPON US  
LIKE THE SUN THAT RISES  
IN THE SKY.  
ON US WHO LIVE  
IN THE DARK SHADOW  
OF DEATH  
THIS LIGHT WILL SHINE  
TO GUIDE US  
INTO A LIFE OF PEACE.**

*Luke 1:78-79 Contemporary English Version (CEV)*

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# PEACE FOR OUR TIME

**HEAVEN ON EARTH  
WE NEED IT NOW  
I'M SICK OF ALL OF THIS  
HANGING AROUND  
SICK OF SORROW  
SICK OF PAIN  
SICK OF HEARING AGAIN AND AGAIN  
THAT THERE'S GONNA BE  
PEACE ON EARTH**

(Lyrics from Peace on Earth—U2)



**Welcome to our Avenues Peace  
Reflection in the Rose Gardens.  
Today we'll reflect on peace as we  
wander around the gardens. There  
are four peace prayers to pray as you  
wander and some peace quotes to  
read and reflect upon. Also take time  
to refresh your soul and talk to God  
about the things that are on your  
mind right now. After about half an  
hour of wandering we'll join together  
for a picnic afternoon tea.**

**THEN, BECAUSE YOU BELONG TO CHRIST JESUS, GOD WILL BLESS YOU WITH PEACE THAT NO ONE CAN COMPLETELY UNDERSTAND. AND THIS PEACE WILL CONTROL THE WAY YOU THINK AND FEEL.**

*Philippians 4:7 Contemporary English Version (CEV)*

### **PRAY FOR PEACE FOR OUR WORLD**

Find a rose you like to look at because of the way it is shaped. Concentrate on looking at the rose and blocking out other noise and distractions around you. Think of the rose as being like the whole world. The petals on the inside are like people who are protected and safe and nurtured. The outside petals are the vulnerable, the weak, the homeless, the hungry.

The petals together form the rose. Just as you chose this rose because you liked it, God loves the whole world. Everyone. Those on the inside and those on the outside.

With this reminder of God's love for all people everywhere, think of things going on in the world today, both near and far. As each thought pops into your head say it aloud as a single word of prayer to our God who loves the world.



### **PRAY FOR PEACE FOR OUR COUNTRY**

Find a rose which is fully open or looking broken or windblown. Concentrate on looking at the rose and blocking out other noise and distractions.

Think of the earthquakes which have rocked our country this last week and the impact those quakes have had on people, particularly in relation to physical wellbeing and mental health.

As you look at the rose, let the images and thoughts of the people who have been affected by the earthquake come into your mind. Think of each image or thought as your silent prayer. Give thanks to God for hearing your prayer.

**PEACE IS NOT MERELY A DISTANT GOAL THAT WE SEEK, BUT A MEANS BY WHICH WE ARRIVE AT THAT GOAL.”**

*~Martin Luther King, Jr.*

### **PRAY FOR PEACE FOR OUR NEIGHBOURS**

Stand back and look at the range of roses in the garden.

Think of the people around you; your family, your friends, your work colleagues school mates and others. Think of those who are looking for peace currently in some area of their lives.

Stand and look at a rose bush and pray for one of your people, then physically move to another bush and pray for another person. Move around the rose garden praying for the needs of your neighbours.