

# Peace is the work of justice and the effect of charity.

CCC 2304

## DAY 1

### Commit to making Advent a season of peace.

Individually or as a household, designate time each day for prayer and silence. In the busy-ness of the season, make time to rest in the peace of Christ.

## DAY 3

### Read and reflect on Philippians 4:4-9.

"Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus" (v. 7).

## DAY 5

### Pray the Prayer of Saint Francis.

"Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope . . ."

## DAY 7

### Make peace with God.

Go to confession and experience God's healing mercy through the Sacrament of Penance and Reconciliation.

## DAY 8

### Seek peace in your relationships.

Try to resolve conflicts with family, friends, or colleagues. Reach out to those with whom you need to seek or offer forgiveness.

## DAY 12

### Ask for the intercession of Mary, Queen of Peace.

Pray the Rosary, the Litany of Loreto, or another Marian prayer.

## DAY 16

### Read and reflect on John 14:27.

"Peace I leave with you; my peace I give to you . . ."

## DAY 17

### Pray for the survivors of abuse and all who experience violence.

Ask God to bring an end to their suffering; to heal them in mind, body, and spirit; and to grant them peace through justice.

## DAY 21

### Reach out to those experiencing depression, anxiety, or otherwise struggling during this season.

Offer a prayer for those who need comfort and healing.

## DAY 2

### Pray for an end to war

and for those who live in areas where there is ongoing conflict and unrest, including Ukraine, Afghanistan, Venezuela, and Syria.

## DAY 4

### Do an internet search for organizations—locally, nationally, or globally—that work to end violence.

Consider how you may offer support through prayer, volunteering, or donations.

## DAY 6

### Pray for all victims of gun violence, including street crimes, mass shootings, domestic violence, and self-inflicted gunshots.

Pray for those who have been killed or injured, as well as those who have survived and those who carry the non-visible wounds of gun violence.

## DAY 11

### The Eucharist has been called the "sacrament of peace."

Christ is our peace, bringing peace and unity among all people (see Ephesians 2:14-22). Pope Benedict XVI wrote, "All who partake in the Eucharist must commit themselves to peacemaking in our world . . ." Consider these words the next time you receive the Eucharist.

## DAY 15

### Write thank-you notes or deliver sweet treats to police officers, first responders, and medical workers who witness the outcomes of violence on a regular basis.

Pray that God will protect them physically, mentally, emotionally, and spiritually.

## DAY 20

### Embrace practices that help you feel a sense of peace.

Spend time in Eucharistic adoration, take a nap, go for a walk, chat with a loved one, have dinner by candlelight, listen to music, or simply sit in silent, prayerful gratitude.

## DAY 24

### Pray for those who are discouraged and feel a sense of despair regarding the condition of the world.

Pray that we all may remember and be comforted by the words of Jesus: "I have told you this so that you might have peace in me. In the world you will have trouble, but take courage, I have conquered the world." (John 16:33)



## DAY 9

### Send a card or note to those who are grieving or experiencing Christmas without a loved one for the first time.

Pray for those who have died and for all who love them.

## DAY 10

### Pray for those who experience the violence of racism and discrimination.

Pray for an end to racism and the policies that perpetuate it. Ask the Holy Spirit to open all our hearts so that we may acknowledge the sin, seek reconciliation, and work toward healing and equality.

## DAY 13

### Take time to learn about saints

who were committed to peace and justice, such as Saint Oscar Romero or Saint Martin de Porres, or saints who experienced violence or discrimination, such as Saint Kateri Tekakwitha or Saint Josephine Bakhita. Ask for their intercession on behalf of all those who endure violence, discrimination, bullying, human trafficking, and other forms of injustice.

## DAY 14

### Take 26 seconds today to change the world. A smile. A wave. A kind word. What else?

## DAY 19

### Evaluate the media you consume and the language you use.

Do they promote violence and hate or peace and justice? Ask the Holy Spirit to guard your heart and your mind so that all that you do may be done with charity.

## DAY 22

### Work to end violence against the most vulnerable—the unborn, the young, the poor, the infirm, and the elderly.

Look for ways you can contribute time, effort, or money to organizations that advocate for the vulnerable, offer charitable services, and work to bring about just systems that honor the dignity of all people.

## DAY 23

### Pray for those whose peace-keeping efforts prevent them from being with their loved ones.

Offer a prayer of thanksgiving for the military, police, public safety, medical providers, and others whose service helps ensure the safety of others.

## DAY 25

**Celebrate the birth of Jesus, the Prince of Peace!** "For a child is born to us, a son is given to us; upon his shoulder dominion rests. They name him Wonder-Counselor, God-Hero, Father-Forever, Prince of Peace" (Isaiah 9:5).