As we once again look into the growing abyss of war, I wanted to share this prayer by Fr. John Dear. This is from his new book, *The Nonviolent Life*. It is good to remember all of the violence in life and pledge to live a life of peace.

**Prayer for a Nonviolent Life**

God of peace, thank you for being gentle, loving, compassionate, and nonviolent! You are so nonviolent that you do not force yourself upon us, but gently call us to your wisdom and way of nonviolence. You give us the freedom to do as we will. Help us to do your will of peace, to choose your way of nonviolence. Help us to live a nonviolent life, to become your holy people of nonviolence, to welcome your reign of peace and nonviolence here on earth.

Help me to be nonviolent to myself. Give me the grace to let go of violence, to love and accept myself, to treat myself nonviolently, to cultivate inner peace, and to dwell in your peace. Send your Holy Spirit of peace upon me that I might live in relationship with you as your beloved child, that I might know your love and healing peace, love you in return and honor you by taking care of myself and being nonviolent to myself for the rest of my life.

Help me to practice loving nonviolence toward everyone I know and meet, that I might love my neighbor as myself, and never hurt anyone ever again. Help me to be nonviolent to all creatures and all creation, that I may spread your peace far and wide to all sentient beings, to your beautiful creation. Give me a heart as wide as the world that I might love everyone around the world, even those targeted as "enemies" by my nation. Open my heart to love every human being as my sister and brother, that I might practice your universal nonviolent love from now on.

Help me to serve your reign of peace by joining the global grassroots movement of nonviolence. Make me an instrument of your peace, that I might do my part to help abolish war, poverty, hunger, racism, sexism, executions, nuclear weapons, systemic injustice and environmental destruction, and welcome your nonviolent reign of peace with justice here on earth. Bless this grassroots movement of nonviolence with your wisdom, your determination, and your persistent action that we might see "justice roll down like waters" and welcome new breakthroughs of justice and peace every day.

As I follow the nonviolent Jesus on the path of peace and love, help me to claim my true identity as your beloved son/daughter, that I might always live in your peace and love, and serve your reign of peace and love, now and forever.

Thank you. Amen.