

SPIRITUAL DISCIPLINE

Peace-Making & Reconciliation

We long for peace - in our world, our lives, and our own spirits. Too often, we deal with conflict through avoidance or force. This is false peace.

True peace requires us to engage conflict directly, and seek to forgive. It's not easy. But it's the only way to find true peace.

Be Reconciled

Take up a fragment of pottery.

Call to mind someone with whom you have conflict.

- *What needs to be addressed between you?*
- *What needs to be forgiven?*
- *What step can you take towards true peace?*
- *What do you need in order to take that step?*

Using a glue dot, add your fragment to the mosaic.

Commit to take that step this week.

ROOTED
a lenten journey of
digging deep & letting go

