

Week 3- 'Peace'

Watch or listen to 'Peace' word study from The Bible Project.

<https://bit.ly/Peace-Advent>



Reflection.

The word peace can have many meanings, freedom from disturbance, calmness, tranquillity. It is often associated with the absence of conflict and war. However, in the video we are reminded that Biblical peace means something more than just the absence of war, it includes the presence of something better. In the Christmas story the Angels proclaim "PEACE ON EARTH" as they share the good news of Jesus' birth with a group of Shepherds. The video explains that the Hebrew word for peace is "Shalom" meaning a state of completeness and wholeness, referring to the wellbeing of both ourselves and others. Christians are called to create peace, to be actively working for peace for ourselves, for others and for the world. May we seek to follow the examples of Jesus, the "Prince of Peace", so that our lives may be an expression of peace making.

Questions.

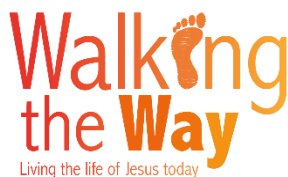
I wonder...

What words or images come to mind when you think of the word PEACE?

Where do you find peace ("Shalom") in your day to day life?

How can you help bring "Shalom" to others?

What might you learn about peace from the stories of Jesus in the Bible?



Walking the Way Challenge/Activity.

Take some time over the next week to focus on your own peace and wellbeing. Try to set aside some time each day to do something that you enjoy and that brings you peace. You could visit "Be Headstrong" for wellbeing tips - <https://www.beheadstrong.uk/>