

RESOURCING YOURSELF FOR THE PEACEMAKING JOURNEY

1. Learn to care about the people to whom you are bringing your issue or concern as much as you care about your issue. People know when you don't really care about their experiences or opinions and only want to convert them to your way of thinking.
2. Establish a small nurturing group of friends where you can be yourself. Jesus needed this and so do we. Meet regularly with them and agree to intentionally listen to each other and pray for each other.
3. Realize who's in charge of the outcome/results and don't take yourself too seriously. Your task is to be faithful, not to bring in the kingdom.
4. Develop your interior life with spiritual disciplines: prayer, Bible Study, meditation, silence, journaling, etc. Set aside time each day for these.
5. Ground yourself in scripture, stories of how people have sustained themselves to walk upstream, against the world's current.
6. Learn to balance your inward and outward journeys - both are important for either to bear fruit.
7. Understand what happens to people when they change or become actively concerned about an issue. It is a conversion process that involves pushing against old powers and ways of thinking as well as moving towards new ones. It is normal that there is pain involved both for the person changing and for those around them but the rewards for both far outweigh the pain.
8. Learn what to do when people disagree with you. It may be helpful to set your goal to "build understanding" rather than agreement when you are talking to others about your deep concerns. When you feel attacked learn how to defend your integrity without escalating the situation.