

The Peace Deck offers 1. inspiration, 2. practical tips, 3. further insight, and 4. goal-setting tools to help us act on the biblical vision of *Shalom*, peace with justice. (The colors of the cards roughly match those themes: 1. gray, 2. ivory, 3. green, 4. salmon.) The Deck can help extend our meditation or spiritual discipline into our daily life: commute, work, breaks, exercise....

Using the Peace Deck. One powerful method is to focus on just one card of each color at a time, reading and reflecting on them throughout the day. Gradually identify ones that support your next steps in growth.

Begin with a time of silence, letting go of tensions or issues, becoming more centered, more present. **Read** a few cards, pausing to allow their insights to engage you. **Notice** what resonates... what gets in your way or feels challenging... what "speaks" to you. **Think** of ways you might act on what you discovered. **Write down** 1 or more goals + next steps for yourself, using the lined cards (3 are blank for additional goals).

Adult, youth, and social justice **groups** have found the Peace Deck helpful in exploring, discussing, and encouraging action on peace & justice commitments. **Pair up** to check in by phone or in-person to discuss insights and progress toward goals. Remember that advice is rarely as useful as listening and support.

To offer feedback, email Glen at ggersmehl@hotmail.com

The Peace Deck offers four distinct sets of cards, in four colors, 1. gray, 2. ivory, 3. green, 4. salmon:

1. quotes to help inspire and deepen discipleship;
2. leadership and action ideas, reminders, and links;
3. encouragement & insight to help address difficulties;
4. tools to define & take on goals, next steps, barriers.

The deck's open format lends itself to creative use and its breadth offers insight on a wide range of concerns.

Explore – Many quotes will be new, offering fresh ways of seeing our calling. You may find familiar texts resonate in unexpected ways. Pick a card of each color to read and reflect on several times a day.

Focus – Identify insights or themes you find especially meaningful or encouraging. Notice cards that offer help or inspiration on particular concerns. Carry them around in a sleeve to re-read and reflect on throughout the day.

Set Goals – Use what touches you to encourage your growth and development in discipleship. Lined cards can help you identify and pursue specific goals & next steps.

Experiment – Talk regularly with someone for mutual encouragement about *Shalom* practice (listening more than advising). Use with practices such as *lectio divina*.

To comment on this Deck or to offer a suggestion, quote, or action idea, email Glen at ggersmehl@hotmail.com

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Peace Deck

www.lutheranpeace.org

"Shalom" means more than just "peace." The biblical word fully includes the concepts of justice, inclusive community, wholeness. Whenever we say, hear, or seek "peace," we are invited to grow into this broader calling that Jesus calls "blessed." LPF's Peace Deck offers insights, practical tips and encouragement to inspire you as you grow and act on this deeper vision of peace. May it encourage you at morning meditation, in the grocery line, on the bus, before bed, anytime....

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The Peace Deck highlights aspects of our discipleship that are often minimized or hidden in our culture. The world emphasizes getting rather than sharing; valuing things more than people; maintaining privilege. We are about compassion, justice seeking, peacemaking, community and solidarity, grace and gratitude. We are about deepening discipleship; encouraging one another to transcend our fears, and to educate, organize, develop skills, and model faithfulness. The Peace Deck can help.