Quick Study Guide

A resource of the Catholic Nonviolence Initiative, project of Pax Christi International

Before you Begin:

To understand how Choosing Peace came about, read the Acknowledgements section right at the start of the book.

The 5 sessions of the quick study guide will help you dip into selected parts of the book to help understand five key areas. The book is rich with wisdom and witness. We hope you will be inspired to read more of it.

Session 1. What does violence look like in our world today?

Read: p.40-41 Papers from The Philippines and South Sudan and p.53 Essay from the UK.

Think about/Discuss: What forms of violence or threats of violence are you aware of in your own community? How are the examples given here similar to/different from those affecting your community?

For more on this: There are further witness statements from around the world throughout Chapter 2.

Section 2. Who is Jesus?

Read: Jesus’s Nonviolent Alternative, p.88-91, and Fr John Dear p.102-103

Think about/Discuss: How does this compare with what you have been taught about Jesus? How helpful is it to think about Jesus in terms of nonviolence?

For more on this: Read Anne McCarthy’s feminist perspective p.100-102 and Fr Jamal Khaddar from Palestine p.98-100. You may find the whole chapter helpful.

Section Three: What does nonviolence look like?

Read: Colombia and the Philippines p.137-141

Think about/Discuss: Do you think nonviolence can work in every situation? Is it always the same? Is it easy? Safe? Have you been involved in nonviolent approaches to conflict, consciously or unconsciously?

For more on this: In Pope Francis’ World Day of Peace Message 2017, he speaks of Ghandi’s example. Read this commentary p.234 –235, up to ‘The veil fell away’. Dip into more of Chapter 6 for further examples too.
Section Four: Does nonviolence work?

Read: P150 –151 Nonviolent Resistance Is More Effective than Violence

Discuss/Think about: Do people know this? How can we promote this information? What would the world look like if nonviolence was our first choice in working to resolve conflicts?

For more on this: In Liberia p.154, also p.161-163.

Section Five: Where to now?

Read: Appeal to the Catholic Church, Looking at Our World Today p23-26

Think about/Discuss: What inspires me most about what I have read in this book? Is the Church ready to shift to a Just Peace approach? How can I help?

For more on this: Read p.245-end.

Prayer Reflection


More resources

Catholic Nonviolence Initiative: updates on work/resources https://nonviolencejustpeace.net/

Pax Christi has produced a range of worksheets, videos and more on nonviolence for personal and group use http://paxchristi.org.uk/resources/nonviolence-in-action/educational-resources-for-nonviolence/

The Power of Nonviolence: article from Peace News by Pat Gaffney https://peacenews.info/node/9170/power-nonviolence