

Sumud is the Arabic word for steadfastness. Sumud reflects the need for faith, hope and perseverance in working for peace. We reflect prayerfully on Sumud.

Introduction

Light a candle to start the time of prayer and to help focus our hearts and minds.

Sumud means steadfastness. It means remaining strong in the face of occupation, violence, and suffering. It means persevering in faith and hope for a better tomorrow for all.

Slideshow: *Images of Sumud*
www.paxchristi.org.uk/elements

In candlelit silence invite quiet contemplation upon the following readings.

Reading: Matthew 6: 5-13

Think: What is Jesus asking of us?

Reflect

Reading: *'Hope is a state of mind, not of the world. Hope, in this deep and powerful sense, is not the same as joy that things are going well, or willingness to invest in enterprises that are obviously heading for success, but rather an ability to work for something because it is good.'* (Vaclav Havel)

Think: How does this challenge us to live?

Pray

Conclude with the prayer *Overcoming Violence*, read by several voices:

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Other prayer and liturgy ideas for peace can be found on the Pax Christi website www.paxchristi.org.uk/litgy1.php