

# Spiritual Practice: Dwelling in the World

Reflect on a time during the day or previous week when you had an opportunity to share God's peace with someone (this could be a co-worker, stranger, neighbor, family member, etc.). Sharing the peace means participating in God's life and work to bring healing and wholeness.

Sharing the peace can come in many forms: acknowledging the presence and humanity of the person ringing up your groceries or delivering your mail, making time to listen to a neighbor (even from a distance!), delivering a meal or plant, or supporting someone who is isolated, stressed out or depressed, whether that be a friend, family member, co-worker, or someone you've just met.

Go back imaginatively into that encounter. What might God have been up to there? If you were to return to that relationship, what might God want to do?