

November 20, 2025

# Daily Reflections



## PEACEBUILDING

By Elisabeth Beall

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### An Excerpt from Today's Gospel

*“If this day you only knew what makes for peace—  
but now it is hidden from your eyes.”*

**LUKE 19:41**

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### Reflection

Jesus’ tearful words upon seeing Jerusalem could so easily be spoken to each of us today, to our families, to our communities, to our world.

We are filled with angst and fear, with anger and disdain. We close our ears to what our brothers and sisters are saying, we close our eyes to what they are experiencing, we close our hearts to what they are feeling. Not only is this the opposite of loving the dear neighbor – it isolates each of us within a maelstrom of our own unhappy emotions.

That does not make for peace – not within us, and not anywhere around us.

As we rail against the injustices in our world, it is easy to overlook the fact that peace begins within each one of us, that peace is a gift God has given to every one of us, that peace is an action to which all of us are called.

Let us all join in Paul's prayer in his letter to the Colossians: *Let the peace of Christ rule in our hearts, since as members of one body, we are called to peace.* (Colossians 3:15) Let us live out this prayer in the hope that our eyes will be open to what makes for peace -- and our hearts will be open to creating peace in our world.

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### For Pondering

- How can you foster peace within your heart? You are invited to take one action today. Consider centering prayer, a breathing exercise, listening to a beloved piece of music, experiencing nature, or some other activity that rests your soul.
- Throughout the New Testament, thanksgiving is viewed as an important component of peacebuilding. *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

(Philippians 4:6-7) What are you thankful for today? How can you encourage that gratitude to take root in your heart?

- How can you love the dear neighbor, to infuse peace into someone else's world and encourage it to grow within yourself?

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## For Prayer

### *On This Day*

*Mend a quarrel.*

*Seek out a forgotten friend.*

*Dismiss suspicion and replace it with trust.*

*Write a letter.*

*Give a soft answer.*

*Encourage youth.*

*Manifest your loyalty in word and deed.*

*Keep a promise.*

*Forgo a grudge.*

*Forgive an enemy.*

*Apologize.*

*Try to understand.*

*Examine your demands on others.*

*Think first of someone else.*

*Be kind.*

*Be gentle.*

*Laugh a little more.*

*Express your gratitude.*

*Welcome a stranger.*

*Gladden the heart of a child.*

*Take pleasure in the beauty and wonder of the earth.*

*Speak your love.*

*Speak it again.*

*Speak it still again.*

*Speak of it still once more.*

HOWARD W. HUNTER

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