



Justice & Peace Starts With Me



See • Listen • Care • Act • Reflect

Jesus calls us to love one another and to care for people and our world.

Justice and peace can sound like BIG ideas, but they can start with the small things we do every day.

It starts with me.

1 SEE

Look around you. What do you notice?

- Is someone being left out?
- Is someone being treated unfairly?
- Does someone need help?
- Is there something in our world that needs caring for?

I notice...



Draw what you see:

2 LISTEN

Everyone has a story.

We can show respect by listening to what people have to say — especially when their experience is different from ours.

Someone I could listen to is...

One question I could ask them is...



Remember: We don't have to have all the answers. Sometimes listening is the first step.

3 CARE

Jesus asks us to love our neighbour.

That means noticing when someone is hurting, lonely, left out or in need — and caring enough to do something.

How might this person feel?

- ☐ Happy ☐ Lonely ☐ Worried
☐ Left out ☐ Hopeful ☐ Other: _____

What could I do to help them feel welcome, safe or included?





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Small actions can make a BIG difference!



4 ACT

Small actions can make a BIG difference.

I can...

- ☐ Welcome someone who is new
- ☐ Include someone who is left out
- ☐ Listen when someone needs to talk
- ☐ Stand up when something isn't fair
- ☐ Forgive and make peace
- ☐ Help someone who needs a hand
- ☐ Care for God's creation
- ☐ Pray for people who are struggling
- ☐ Learn about people whose lives are different from mine



My action this week:

I will...

I will do this with...

When?

5 REFLECT

After I take action, I can stop and think.

What happened?

How did it make me feel?

How do you think it made the other person feel?

What did I learn?



MY JUSTICE & PEACE PROMISE

This week, I will try to:

SEE what is happening around me.

LISTEN to people's stories.

CARE about others and our world.

ACT when I can make a difference.

REFLECT on what I have learned.

My promise:

"I can make a difference by..."



A little prayer

Jesus,
Help me to see people as you see them.
Help me to listen with an open heart.
Help me to care when someone is hurting or left out.
Give me courage to act when I can make a difference.
Help me to be a person of justice and peace.
Amen.



Together
we can make
a kinder, fairer
world.

