Opinion
Guest Voices



(Unsplash/Jon Tyson)



by John Dear

View Author Profile

Join the Conversation

Send your thoughts to *Letters to the Editor*. Learn more

December 15, 2025

Share on BlueskyShare on FacebookShare on TwitterEmail to a friendPrint

This week on "The Nonviolent Jesus Podcast," I offer an Advent reflection on Luke Chapter 1, what I call "Mary's Advent Journey of Nonviolence." Luke tells her story as the three movements of the spiritual life — starting with contemplative nonviolence, moving to active nonviolence and then to the Magnificat as prophetic nonviolence.

Luke says Jesus learned his spectacular nonviolence from Mary, his holy Jewish mother. Mary's journey begins with contemplative prayer, so Luke teaches that the spiritual journey of peace and nonviolence begins with contemplative peace and nonviolence. The Annunciation is a scene of contemplative prayer where Mary communes with the God of peace. She surrenders her life to God, does only God's will, listens attentively for God, and in that silence and stillness, encounters God and is ready to say yes.



(Unsplash/Matea Gregg)

In the Visitation as active nonviolence, Mary reaches out to "love her neighbor" and "show compassion to someone in need." These public actions would become the bedrock teachings of Luke's Jesus. In this second movement of nonviolence, we learn to reach out in love and compassion to serve someone in need, and bring peace, joy and consolation. That's what peacemakers do.

Finally, in the third movement of Mary's journey into prophetic nonviolence, she proclaims the greatness of the God of peace, announces that God is throwing down the rulers from their thrones and lifting up the lowly, and remembering God's promise of mercy, of nonviolence, for generations to come.

Like Mary, this Advent, we proclaim a prophetic announcement about the coming of God's reign of peace and nonviolence here and now. Listen in, take heart and go forward in the Christmas blessings of contemplative, active and prophetic nonviolence.

Listen to the full episode here.

Advertisement

This story appears in the **The Nonviolent Jesus Podcast** feature series. View the full series.