

[Opinion](#)
[Guest Voices](#)



The Rev. Wesley Granberg-Michaelson is pictured leading a liturgy in an undated photo. (Courtesy of Wesley Granberg-Michaelson)



by John Dear

[View Author Profile](#)

[Join the Conversation](#)

Send your thoughts to *Letters to the Editor*. [Learn more](#)

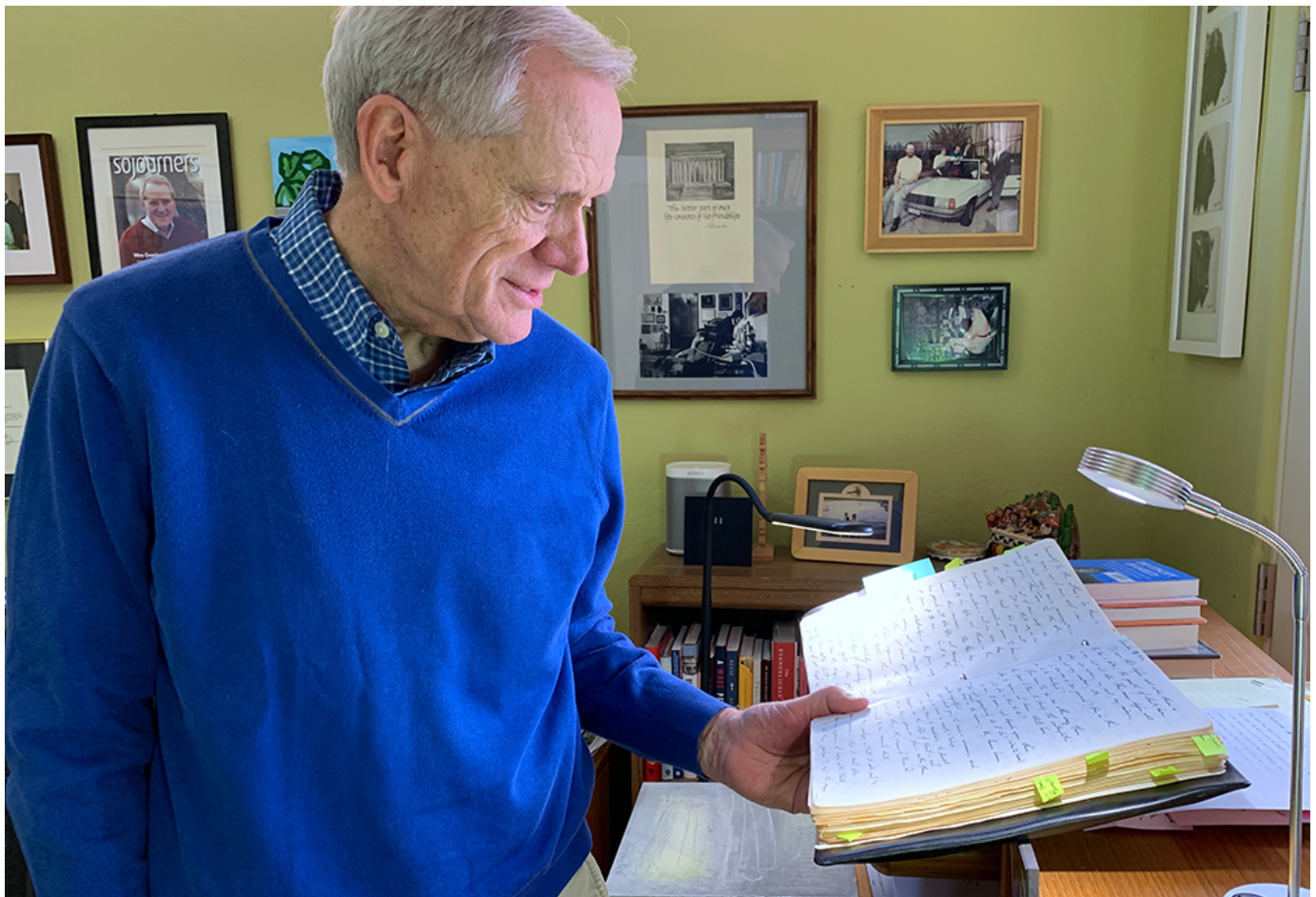
November 17, 2025

[Share on Bluesky](#)[Share on Facebook](#)[Share on Twitter](#)[Email to a friend](#)[Print](#)

This week "The Nonviolent Jesus Podcast" welcomes longtime justice activist and pastor Wesley Granberg-Michaelson talking about his inspiring new book, *The Soulwork of Justice: Four Movements for Contemplative Action*.

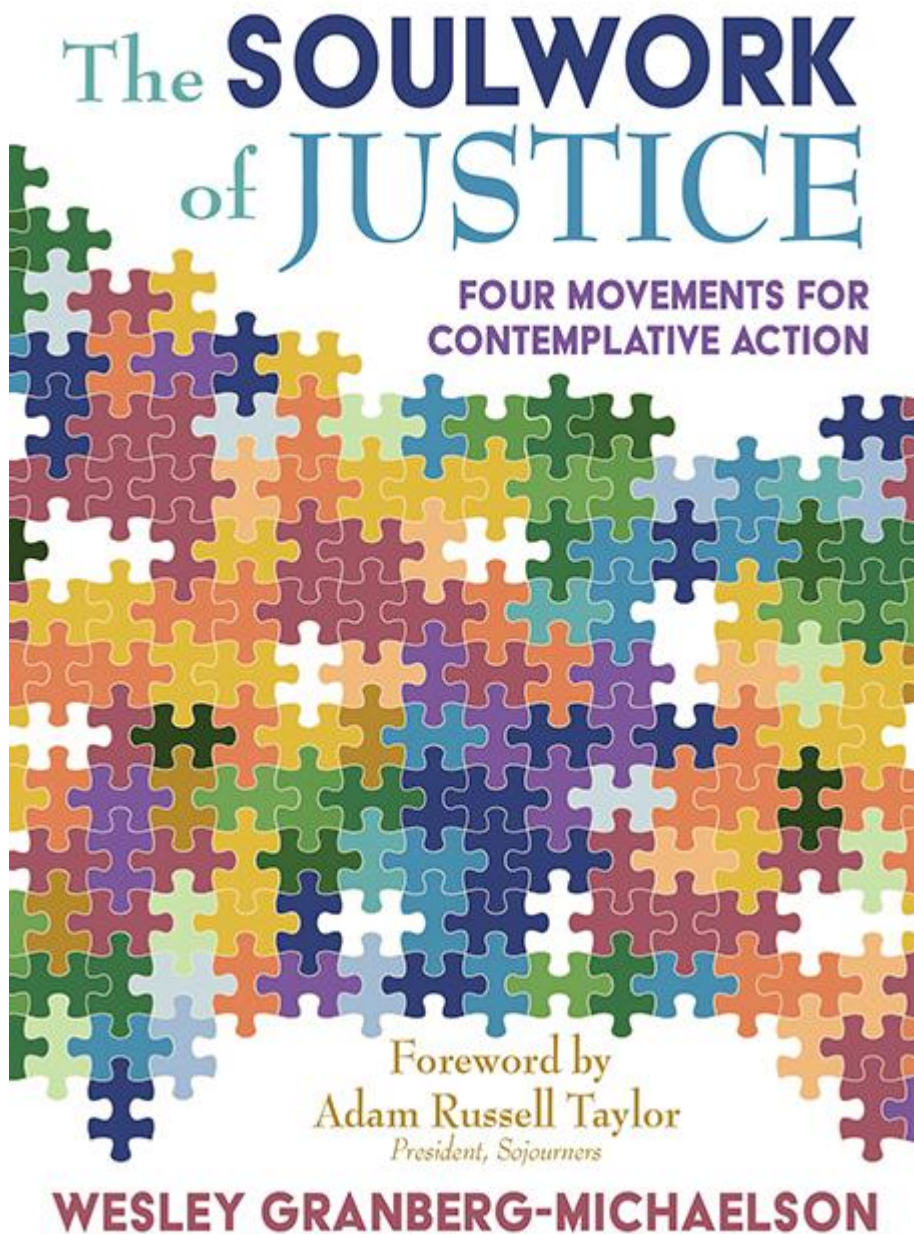
Granberg-Michaelson is a writer, speaker and global ecumenical leader who worked in the 1970s as the assistant to progressive U.S. Sen. Mark Hatfield. He also chaired the board of Sojourners magazine, was director of church and society for the World Council of Churches and former general secretary of the Reformed Church of America.

During the COVID-19 pandemic, he reread the daily journal he kept for over 50 years, and discovered four key movements that transformed him over the course of his lifelong work for justice — moving from self-sufficiency to belonging; rational certainty to spiritual connection; grandiosity to authenticity; and control to trust.



The Rev. Wesley Granberg-Michaelson looks at the daily journal he kept for over 50 years. (Courtesy of Wesley Granberg-Michaelson)

"Grandiosity is in the water in our culture, particularly our political culture," Granberg-Michaelson said on the podcast. "It's so important to learn to keep asking ourselves, 'Where am I discovering my true self, and really knowing that I'm beloved, not because of what I do, but because of God's action to love me?' "



Book cover to *The Soulwork of Justice*

He also spoke with Dear about eight guideposts for activists:

1. Know that the world belongs to God;
2. Know your engagement with the world has a spiritual foundation;
3. Know that you act on the basis of call;
4. Let your action be steadfast and committed to the long term;
5. Display resilience and inner strength;
6. Live detached from your ego and the results of your action;
7. Don't demonize your opponents;
8. Know that you are rooted and grounded in love, a love that is spacious and beyond knowledge.

[To listen to the full episode, click here.](#)

Advertisement

This story appears in the **The Nonviolent Jesus Podcast** feature series. [View the full series.](#)