

BEjust

Contents:

- Introductory note to the Prayer Leader.
- Full running sheet of the prayer with notes and directions (copy as needed for those reading or doing some other action).
- Prayer handout sheet to be copied for all participants.

Introduction - for the Prayer Leader

Dear Prayer Leader,

Thanks for leading this prayer based on the concept of **Be Just**.

Dear Prayer Leader,

This prayer forms part of a series of prayers inspired by the words of St Oscar Romero "**Aspire not to have more but to be more**" and they draw on resources from [Caritas Australia](#). All of the prayers in the series carry an underlying theme of 'Mission' – the challenge to all Christian people to engage in the mission of Jesus in the world.

The prayer is intended for use with staff groups in a Catholic school community but can be easily adapted to other contexts.

Each of the prayers in the series follows a common structure of:
Gather - Listen - Respond - Go Forth

Be Just:

Creating the space:

Where possible, arrange chairs in a circle or semi-circle around a prayer focus point. Try to create different heights in your prayer focus – even if you conceal a book or box under your cloth to create a different height. Items to incorporate in your prayer focus:

- ✓ Red, green and yellow cloths
- ✓ Three candles (+ matches to light the candles)
- ✓ Bible – open at Isaiah chapter 58 (a book stand or small easel is ideal to display the Bible)
- ✓ Cross or crucifix
- ✓ Symbol for this week: cut out images of hands and feet – enough for each person in the group (see templates attached)

You will also need:

- ✓ A copy of the song, *Head, Heart and Hands* from the CD *Alive in the Spirit!* By MusicFire
- ✓ Copies of the prayer outline for readers.
- ✓ Copies of the prayer handout for the group.
- ✓ Copies of the [Be More Bio of Mohandas Gandhi \(p. 4 – download from Caritas Australia\) and print.](#)

<u>Gather</u>	<ul style="list-style-type: none">• Welcome, introduction & preparation to pray• Lighting of candles• Opening Prayer	3 candle lighters
<u>Listen</u>	<ul style="list-style-type: none">• Introduction• Scripture reading• Silence	2 readers
<u>Respond</u>	<ul style="list-style-type: none">• <i>Be More</i> bio• Song	
<u>Go Forth</u>	<ul style="list-style-type: none">• Prayer• Blessing	

NB: Sections identified as 'Leader' may be divided amongst different people but it is helpful to have a recognisable leader of the prayer.

The structure and ideas included are just suggestions. Please feel free to modify or add to the wording to make the experience more personal and relevant for your staff. Adding your own touches will not only make the experience more enriching for you personally, but also for the rest of your group.

Approximate time required: 20 mins

BEjust

We Gather

The leader welcomes those present and acknowledges the gift of coming together in prayer.

Leader: Our prayer today continues (or begins) our focus on ways in which we might engage in the mission of Jesus, calling us to *Be More*. In today's prayer we are called to *Be Just* – to be aware of the impact our words and actions have on others; even people we may never meet. We are called to think about the choices we make about what we buy, how we live, how much we use and how we treat others.

But, before we pray, let's 'just be' for a moment. Let's take a moment of silence to *be still*, to *be present* and to *just be*.

(Ring a chime or bell then pause for two minutes of silence. Ring the chime again to end the silence)

Let's begin by reminding ourselves that whenever we gather we do so ...

All: In the name of the Father, + and of the Son, and of the Holy Spirit. Amen

Candle lighter 1: As we gather here in your name,
Open our minds to know your voice. *(light 'head' candle)*

Candle lighter 2: Open our hands to do your work. *(light 'hands' candle)*

Candle lighter 3: And open our hearts to hold your Spirit. *(light 'heart' candle)*

Leader: Let us pray.

All: God of justice and mercy,
You hear the cries of the poor and you weep for those who suffer injustice.
Wake us from indifference.
Open our eyes to those around us.
Rouse within us our knowledge of what is right.
Transform our hearts so that we may transform your world.
We make this prayer through your son, Jesus, our model of justice.
Amen

We Listen

Leader: The call to Be Just is a call to integrity. It is a call to make sure that our actions are a true reflection of what we proclaim.

In the writings of the prophets of the Old Testament we have a record of the many, many times that God called the people back to faithfulness; back to integrity; and back to justice.

One of the most forthright of these prophets was Isaiah, who didn't pull his punches when he called the people to account for themselves.

Let's listen to how he conveys God's message to them about a new way of understanding fasting...

(Isaiah 58:1-8)

Reader 1: A reading from the prophet Isaiah.

Reader 2: On the day when you fast, you do as you please.

Reader 1: You take advantage of all of your workers.

Reader 2: When you fast, it ends in arguing and fighting.

Reader 1: The way you are now fasting keeps your prayers from being heard in heaven.

Reader 2: Do you think that is the way I want you to fast?

Reader 1: Here is the way I want you to fast:

Reader 2: Set free those who are held by chains without any reason.

Reader 1: Untie the ropes that hold people as slaves.

Reader 2: Set free those who are crushed. Break every evil chain.

Reader 1: Share your food with hungry people.

Reader 2: Provide homeless people with a place to stay.

Reader 1: Give naked people clothes to wear.

Reader 2: Provide for the needs of your own family.

Reader 1: Then the light of my blessing will shine on you like the rising sun.

(pause...)

Reader 2: The Word of the Lord.

All: Thanks be to God.

Leader: I invite you now to spend a few moments in silence. Read back over the passage ... allow a particular word or phrase to really speak to you ... you might like to say that word or phrase over and over in your mind like a mantra.

(Ring a chime or bell then pause for two or three minutes of silence. Ring the chime again to end the silence)

(Optional) Leader invites group members to share something of their reflection on the reading or their own experience.

We Respond

Leader: You each have a copy of the [Be More Bio for Gandhi](#) – one of the great justice figures the world has known. Take a few moments to read the bio and reflect on the suggestions at the end of ways in which you can 'Be More'.

(Allow time for group to read and reflect.)

Let's listen now to the song, Head, Heart and Hands and think about where in our lives we are being called to be Jesus now. As the song plays, I invite you to come forward and take one of the cut out hands or feet from the prayer space. You might like to write on one side a 'just' action that you will undertake in the next week.

Head, Heart and Hands

MusicFire

Wherever I look, wherever I turn,
I see Your children cryin' for love.
Will I turn? Will I walk away?
Or be Jesus now?

If it's not me then who will You send?
If not now, then when?
If it's not me then who will You send?
If not now, then when?

Teach me to be Your hands and feet,
To be Your lovin' arms.
To be Jesus – head, heart and hands,
In this world, I need Your grace right now.
Rich in love, full of compassion,
A neighbour to my kin,
To be Jesus – head, heart and hands,
In this world, in this world.

I wanna be Your hands.
I wanna be Your feet.
I wanna be Jesus in this world.
I wanna be Your hands.
I wanna be Your feet.
I wanna be Jesus in this world.
*(If it's not me then
Who will You send?
If not now then when?
If it's not me then
Who will You send?
If not now then when?)*

We Go Forth

Leader: Let's bring all our thoughts together now and place them before God in prayer.

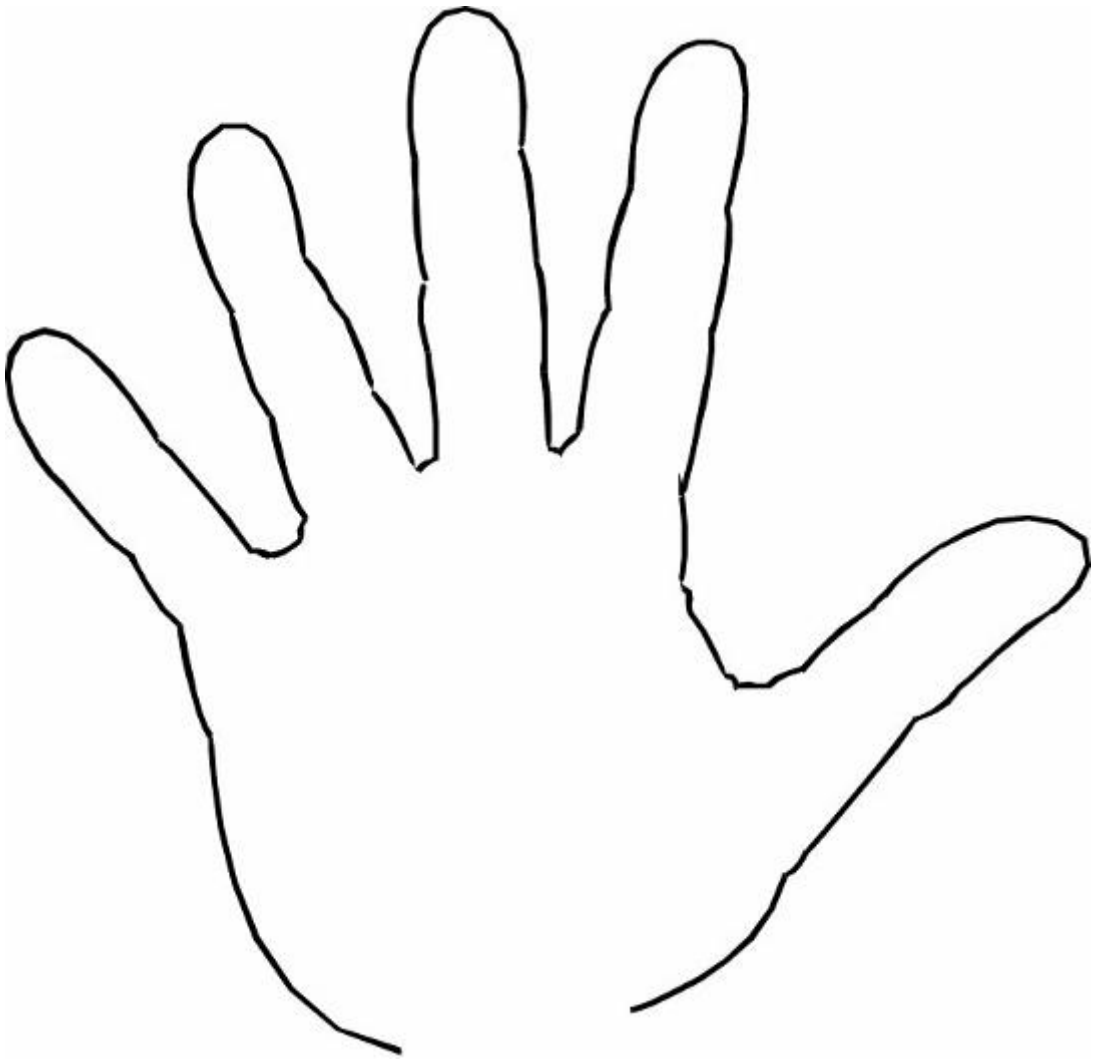
All: God of the just and those who lack justice,
You gave us your son, Jesus, as a model of the just life.
Teach us to see the world through his eyes;
To reach out to one another in this community with his hands;
To walk the path of justice with his feet.

We make our prayer through Jesus, your Word. Amen.

Leader: And let's pray our blessing prayer over one another.

All: As we go about our day, O God;
As we strive to walk with Jesus as people of justice.
Remind us that we are the compassion of Christ,
Who is with us always.

May your grace, mercy and peace,
Bless us, keep us and transform us all this day,
Now and forever. Amen.



We Gather

All: In the name of the Father, + and of the Son, and of the Holy Spirit. Amen

The *Head, Heart* and *Hands* candles are lit.

Leader: Let us pray.

All: God of justice and mercy,
You hear the cries of the poor and you weep for those
who suffer injustice.
Wake us from indifference.
Open our eyes to those around us.
Rouse within us our knowledge of what is right.
Transform our hearts so that we may transform your
world.
We make this prayer through your son, Jesus, our
model of justice.
Amen

We Listen (Isaiah 58:1-8)

On the day when you fast, you do as you please. You take advantage of all of your workers. When you fast, it ends in arguing and fighting. The way you are now fasting keeps your prayers from being heard in heaven. Do you think that is the way I want you to fast?

Here is the way I want you to fast: Set free those who are held by chains without any reason. Untie the ropes that hold people as slaves. Set free those who are crushed. Break every evil chain. Share your food with hungry people. Provide homeless people with a place to stay. Give naked people clothes to wear. Provide for the needs of your own family.

Then the light of my blessing will shine on you like the rising sun.

All: Thanks be to God.

We Respond

Be More Bio for Gandhi

Head, Heart and Hands

MusicFire

Wherever I look, wherever I turn,
I see Your children cryin' for love.
Will I turn? Will I walk away?
Or be Jesus now?

If it's not me then who will You send?
If not now, then when?
If it's not me then who will You send?
If not now, then when?

Teach me to be Your hands and feet,
To be Your lovin' arms.
To be Jesus – head, heart and hands,
In this world, I need Your grace right now.
Rich in love, full of compassion,
A neighbour to my kin,
To be Jesus – head, heart and hands,
In this world, in this world.

I wanna be Your hands.
I wanna be Your feet.
I wanna be Jesus in this world.
I wanna be Your hands.
I wanna be Your feet.
I wanna be Jesus in this world.

*If it's not me then
Who will You send?
If not now then when?
If it's not me then
Who will You send?
If not now then when?*

We Go Forth

All: God of the just and those who lack justice,
You gave us your son, Jesus,
as a model of the just life.
Teach us to see the world through his eyes;
To reach out to one another in this community
with his hands;
To walk the path of justice with his feet.
We make our prayer through Jesus, your Word. Amen.

Blessing:

All: As we go about our day, O God;
As we strive to walk with Jesus as people of justice.
Remind us that we are the compassion of Christ,
Who is with us always.

May your grace, mercy and peace,
Bless us, keep us and transform us all this day,
Now and forever. Amen.

BE
just

“Each time you stand up for an ideal,
you send forth a tiny ripple of hope.”
Robert Kennedy