

# People of Commitment

## 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 capacity of COMMITMENT.

The People of Commitment prayer introduces participants to *Intercessory Prayer* as a style of prayer.

This prayer forms part of a series of 9 prayers that are based on the capacities of a Christian community as detailed in the *Catching Fire Spiritual Formation Framework*: Principle, Prayer, Presence, Welcome, Ritual, Journey, Purpose, Commitment, Fidelity.

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

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.

In each prayer there is an invitation for the Prayer Leader to share an aspect of their own experience. This is an invitation only and is not named in the participants' handout.

Each of the prayers in the series follows a common structure of:

Gather - Listen - Respond - Go Forth

## ***People of Commitment***

### Preparation beforehand:

- ✓ Print sufficient copies of the *Commitment* handout for all staff from the end of this document.
- ✓ Print additional copies of the Leader guide for those assisting as readers, etc.
- ✓ Slips of coloured paper for the intercessory prayer.
- ✓ A bell or chime
- ✓ Identify three people to be Candle Lighters
- ✓ Identify one person as Bible bearer
- ✓ Identify one Reader
- ✓ Sections identified as 'Leader' may be divided amongst different people but it is helpful to have a recognisable leader of the prayer.

### 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:

- ✓ Coloured cloth/s
- ✓ Three PrayerFire candles labelled 'Head', 'Heart' and 'Hands' (*+ matches to light the candles*)
- ✓ Cross or crucifix
- ✓ Display *Commitment* prayer cards
- ✓ Bible and a book stand or small easel to display the Bible
- ✓ A3 *Commitment* poster
- ✓ Copy of the 'Capacities Wheel'
- ✓ Display the Prayer Intentions book

Approximate time required: 20 mins

## ***We Gather***

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

Leader: Our prayer today continues our focus on the Capacities of a Christian community. In today's prayer, we are called to be People of Commitment with a passion for making a difference in the world through our vocation and witness.

Today we will listen to a reflection on the power of teaching and our prayer style will be a form of Intercessory Prayer: praying for others.

Let's prepare ourselves to enter fully into this time of prayer together by pausing and allowing ourselves to be still and to rest in the presence of God.

*Ring a chime or bell then pause for a moment of silence. Ring the chime again to end the silence.*

Let's now begin by reminding ourselves that we gather ...

**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)*

*Bible bearer reverently places the open Bible on the book stand in the prayer space.*

Leader: Let us pray together.

**All: God of passion,  
You call us to be people of commitment;  
making a difference in our world through our work in this school.  
Set alight the fire within us  
that we may live out our convictions  
with our head, our heart and our hands.  
We ask this in the name of Jesus, our teacher. Amen**

## ***We Listen***

Reader: A reading from the Gospel according to Mark (1:21-22)

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes.

The Gospel of the Lord.

**All: Praise to you Lord Jesus Christ.**

*Share the linked video:*

[\*We Teach Who We Are, Parker Palmer\*](#)

## **We Respond**

Leader: Our prayer response today is going to be a form of Intercessory Prayer – praying for others.

If we are to be people of Commitment, passionate about making a difference in the world, one of the ways we will make this difference is through prayer that is not only for our own needs but also for the needs of others.

I invite you to close your eyes for a moment and call to mind just two people who need your prayers. It might be a student; a member of staff; a family member; friend; or even a public figure that comes to mind. They might need your prayer because of a situation you know they are dealing with; they might need your prayer because you are struggling to understand them.

Simply bring those two people briefly to mind. *(pause)*

You have two pieces of paper. On each piece, I invite you to write the name or initials of one of the people for whom you wish to pray or perhaps a symbol of what you want to pray about.

*(allow time for people to write names)*

Place the two pieces of paper in front of you or in your lap and sit comfortably.

Take a few deep, slow, cleansing breaths and allow yourself to descend deep into the centre of your being ... be conscious that you are in the presence of God.

Now take in your hand the name of the first person and look at the name for a moment.

Silently name the person and what it is that you are praying for. Don't try to censor or carefully construct your prayer, just lay it out before God. *(pause)*

Now become silent in your mind. Allow a visual image of God surrounding the person to emerge in your imagination. It could be a bright light, or Jesus holding the person in his arms, or any image that presents itself to you. In your mind's eye, see the person becoming whole and reconciled in the situation. Feel the grace of God transforming the person or the situation. *(pause)*

In your heart, ask that God's desire and purpose for the person be fulfilled. Release the person into the fullness of God's care. Leave the outcome in God's hands.

*(pause)*

Now, I invite you to repeat that process for the other person you have identified.

*(pause while people pray silently)*

*After sufficient time has passed ...*

Thank you. I'd like to invite you all to fold the names of those people and place them into our prayer space.

## ***We Go Forth***

Leader: Let's draw our prayer to a close by praying together our closing blessing ...

All: **As we go about our day, O God;  
As we strive to walk with Jesus as people of Commitment,  
Open our eyes to our capacity to make a difference.  
Open our eyes to the needs of those around us.  
May your grace, mercy and peace,  
Bless us, keep us and transform us all,  
This day, now and forever.  
Amen**

***People of Commitment ... Make a  
difference***

## *We Listen*

A reading from the Gospel according to Mark (1:21-22)

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes.

The Gospel of the Lord.

**All: Praise to you Lord Jesus Christ.**

*Share the linked video:*

[\*We Teach Who We Are, Parker Palmer\*](#)

## *We Respond*

### **Intercessory Prayer**

Silently name the person and what it is that you are praying for. (pause)

Allow a visual image of God surrounding the person to emerge in your imagination.

In your mind's eye, see the person becoming whole and reconciled in the situation. Feel the grace of God transforming the person or the situation.  
(pause)

Ask that God's desire and purpose for the person be fulfilled. Release the person into the fullness of God's care. Leave the outcome in God's hands.  
(pause)

## ***We Go Forth***

Leader: Let's draw our prayer to a close by praying together our closing blessing ...

**All: As we go about our day, O God;  
As we strive to walk with Jesus as people of  
Commitment,  
Open our eyes to our capacity to make a  
difference.  
Open our eyes to the needs of those around us.  
May your grace, mercy and peace,  
Bless us, keep us and transform us all,  
This day, now and forever.  
Amen**

## ***Spirit of***

# **Commitment**

## ***We Gather***

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

As we gather here in your name,  
Open our minds to know your voice.

*'head candle*

*Open our hands to do you work.*

*'hands candle'*

And open our hearts to hold your Spirit.

*'heart' candle*

**All: God of passion,  
You call us to be people of commitment;  
making a difference in our world through our  
work in this school.  
Set alight the fire within us that we may live out  
our convictions with our head, our heart and our  
hands.  
We ask this in the name of Jesus, our teacher.  
Amen**

***People of Commitment – Make a  
Difference***