

# 22. COMMITMENTS

**THEN JESUS TOLD HIS DISCIPLES, "IF ANY WANT TO BECOME MY FOLLOWERS, LET THEM DENY THEMSELVES AND TAKE UP THEIR CROSS AND FOLLOW ME. FOR THOSE WHO WANT TO SAVE THEIR LIFE WILL LOSE IT, AND THOSE WHO LOSE THEIR LIFE FOR MY SAKE WILL FIND IT.**

***MATTHEW 16: 24-25***

## Our Commitments are our Callings

Protect our commitments, dear Father  
That we might continue to follow you,  
Through the storms and darkness of this life,  
Through the joys and brilliance of the all our days,  
So that connected to you we may always know the goodness of your love.  
Guide our commitments dear Jesus,  
That we might always see the cost of life lived in your presence,  
In our families and our jobs  
In our loving and our challenges  
In our strengths and in our weaknesses,  
That in faithfully walking with you,  
we might become more like you.  
Enlighten our hearts dear Spirit  
That the gift of your power might grow our commitments.  
That the breath of new life might blow through what appears lifeless.  
So that through our commitments, we might lose ourselves  
And find the fullness of life in you.

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## Exploration Questions

- What is one commitment in your life that has profoundly formed you in some way, and why?
- What have you learned about the challenges of keeping commitments, and how has that impacted your relationship with Jesus?
- What commitments in your life have been the easiest or most joyful for you, and why?
- In what ways have you discovered new callings through your commitments?