



During our gathering we will be doing a **walk and talk** inside the church to do some **deep listening** with **partners**. You may want to think about these questions below beforehand but **you don't have to have a pre-thought out response**. Don't treat these questions like 'homework' or try to answer every single one. You may want to make time to meditate on the list and then pick the one question that speaks to you most. Or simply go with the flow during the service. We will create a safe space of opening and listening. Is there a question that captures the call of your inner voice? One that contains 'your work'? Is a question trying to get you to notice or acknowledge something?

1. What commitment has shaped you the most? What commitment most deeply defines you?
2. Do you have a secret commitment? A promise to yourself that no one (or very few) know about?
3. How has your relationship with commitment changed over time? For instance, are you better or worse at following through on commitments as you've grown older? Or have you grown more selective about the commitments you make? Maybe you now easily break commitments if they don't feed you? Maybe you are now more committed to beauty than work? Or small things rather than 'big things'?
4. Do responsibilities and commitments drain you or motivate you? Do they give your life direction or leave you feeling tied down and hemmed in?
5. When we commit to one path, we leave some other path behind. Is there a 'path not chosen' that still haunts you?
6. What are the covenants/commitments you were born into?
7. What did your family teach you about 'responsibilities we have to the world'?
8. Have you kept your promises to yourself?
9. If someone secretly monitored your life for a month, what would they conclude is your most sacred vow?
10. Has anyone ever asked you to hold them accountable to their commitments? How has that changed and challenged you?
11. It's been said that our very humanity lies in the way we carry out our promises. How have you made yourself more human through a promise?
12. What promises have you made to your spiritual life?
13. Are you keeping a commitment that is limiting your growth? Keeping you in a cage?
14. Has society ever broken its promise to you?
15. Some of us preempt heartbreak by leaving relationships before others have a chance to break their promises and our hearts. Did this self-protection strategy really work out for you?
16. Do you over-promise? When you offer others your commitment, do they take it with a grain of salt?