

## Preparation for G356 – Commitment

The general idea of this session is to explore our feelings about commitment mostly by looking at what we are truly committed to. It may also give us insights about our values.

1. Think about your life. Either now or in the past is there something that you are or were fully committed to? This could be a cause or a person or a personal routine. Describe how you came to be committed to that and how it makes you feel.
2. Examine your life for commitments you have made without realizing it. What do these commitments say about your values? Are there any of these commitments you want to verbalize or make more real?
3. Sometimes we are asked to make a commitment. Describe a time when you were asked to make a commitment that you had to think about and making the commitment turned out to be the right decision.
4. Which do you find easier to do asking someone else for a commitment or making a commitment when someone asks you? Why? What circumstances make it easier or harder to make a commitment?
5. The church asks us for a commitment of our time, talent, and/or treasure to our spiritual cooperative. What commitments do you make to the church?