



# *Spirit of* **Fidelity**

The kind of person who  
lives out through their  
ministry the best of  
the Catholic Christian  
educational tradition  
and identifies with  
all those who work in  
the name of Brisbane  
Catholic Education.



# Credo Prayer

*For it is with your heart that you believe and are justified, and it is with your mouth that you confess your faith and are saved.*

(Romans 10:10)

## A PERSONAL CREDO – *I Believe ...*

What do I believe  
about myself?

What do I believe  
about those I love?

What do I believe  
about education?

What do I believe  
about my students?

What do I believe about God?

What do I believe  
I am called to be?

Form your answers to these  
questions, then place them  
before God in prayer.

Name where you need  
God's assistance  
to put your belief into practice.

Keep your personal creed  
and revisit it, listening to what  
God is saying to you.



# *Spirit of* **Presence**

The kind of person who  
strives to let  
others know they are  
valued, by the way  
they listen to them,  
speak with them and  
include them. They  
have a deep sense  
that everyone is  
important  
and they give time and  
energy to nurturing  
this respectfulness and  
connectedness.



# Journaling Prayer

*Then the word of the Lord came to Elijah, saying, "Go out and stand on the mountain before the Lord, for the Lord is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of a gentle breeze. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. (1 Kings 19:11-13)*

Keeping a regular prayer journal invites us to reflect on the great winds, the earthquakes and the fires in our lives as well as listening to the presence of God that flows through our lives like a gentle breeze.

A prayer journal involves putting the thoughts of your heart on paper.

Create a set time each day and just write!

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Journal about what has happened in your life this week.

Allow yourself to be inspired by a few minutes of silence in nature.

Write the names of people you want to pray for.

Write what you are thankful for.

*People of Presence – Attend*



# *Spirit of* **Prayer**

The kind of person  
who is faithful  
to our community's  
prayer life and  
supportive of  
others in nurturing  
and sustaining  
personal prayer.



# Christian Meditation

*Be still and know that I am God.  
(Psalm 46:10)*

*Let the words of my mouth  
and the meditation of my heart  
be acceptable to you, O Lord.  
(Psalm 19:14)*

Meditation is a way of pure prayer marked by silence, stillness, and simplicity. It leads us to discern and rest in the presence of God.

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Find a quiet place.  
Sit with your back upright.  
Be still.  
Gently close your eyes.  
Recite your chosen prayer-word, or mantra, silently and lovingly.  
If distractions arise, return to your mantra.

~

Example prayer-words /  
mantras:

*“Ma-ra-na-tha”, “Jesus”,  
“Jesus have mercy”,  
“I rest in You”,  
“Surrender to Love”,  
“Peace, be Still.”*



# *Spirit* of Commitment

The kind of person  
who sustains  
their enthusiasm  
for the  
organisation and  
shares this on  
a daily basis. They  
are a great  
advocate for the  
organisation.



# Intercessory Prayer

*When we do not know how to pray properly, then the Spirit personally makes our petitions for us in groans that cannot be put into words.*

(Romans 8:26)

*The heartfelt prayer of the upright is powerful and effective.*

(James 5:16)

***Intercessory prayer:***  
sharing our concerns for others with God.

Whenever one person prays for another, it is intercession.

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Call to mind a person or group for whom you'd like to pray.

Think deeply about the person, your connection to them and the situation they are in.

Name the person and their needs and place them before God.

Visualise God surrounding and embracing the person.

Ask that God's desire and purpose for the person will be fulfilled.

Release the person and their needs into God's care.

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





# Spirit of Principle

The kind of person  
who lives the  
gospel values of  
justice, compassion,  
love and forgiveness.

These are the  
ones who 'walk the  
talk' of Jesus,  
no matter how  
challenging that  
can be.



# Photo Prayer



*We are God's work of art.*  
(Ephesians 2:10)

Images provide a prompt for prayer, helping us to consider the prayer needs in our life or world.

Over time, build a collection of photos and images for use with this prayer.

Choose an image that inspires a connection for you.

Sit with the image and allow its significance for you today to reveal itself.

Formulate a prayer in your own words. It might be:

- a prayer of thanks;
- a prayer of praise;
- a prayer of blessing;
- a prayer of sorrow;
- or a prayer of petition.

*Keep your photo collection in a box, in a prayer journal or a digital album.*

**People of Principle –  
Transform**



# *Spirit of* **Purpose**

The kind of person  
who makes sense  
of their work within  
the mission of  
Catholic education,  
and who sees  
their personal identity  
connected and  
growing within this  
sense of purpose.



# The Examen Prayer

O LORD,  
you have searched me and you know me.  
You know when I sit and when I rise;  
you understand my thoughts from afar.  
You watch when I walk or lie down;  
you are familiar with all my ways.  
Even before a word is on my tongue,  
O LORD, you know it completely.

(Psalm 139:1-4)

The *Examen* is prayerful reflection on the events of the day in order to detect God's presence and discern God's direction for us.

The *Examen* can help us see God's hand at work in our life.

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Be aware of God's presence  
Ask God for an open heart  
and attentive spirit.

Review the day with gratitude  
Focus on the day's gifts.

Reflect on God's action in life  
Where was God present / absent in  
today's actions and choices?

Seek forgiveness and healing  
Turn to the God of Compassion  
to remove your heart's burdens.

Look toward tomorrow  
Ask for God's light and guidance  
for tomorrow's challenges.

It is common to conclude the Examen by praying the Our Father.

*People of Purpose – Love*



# *Spirit of* Welcome

The kind of person  
whose generosity  
welcomes the friend  
and stranger alike;  
who understands the  
importance of 'breaking  
bread' and 'sharing  
lives'; and who is a  
smiling face of  
welcome to all.



# Lectio Divina Prayer

*Listen with the ear of the heart.*

(St Benedict)

In Lectio Divina we bring an attitude of welcome to our reading of scripture.

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Choose a text of the Scriptures that you wish to pray.

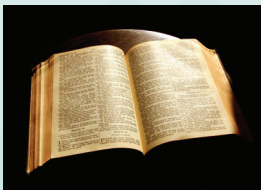
Ready yourself. Be still and allow yourself to become silent.

Read. Read the text slowly, gently; listening for the *still*, *small voice* of a word or phrase.

Ruminare. Allow this inner pondering to draw you into dialogue with God.

Reflect. Give to God what you have found within your heart.

Rest. Rest in God's embrace.



*People of Welcome – Listen*



# *Spirit of* **Journey**

The kind of person who  
appreciates the many  
different ways people  
journey towards God,  
and who sees the bigger  
community of the  
'people of God'  
stretching behind us  
and before us and  
around us.



# Labyrinth Prayer

*I will lead the blind by a road they do not know; by paths they have not known I will guide them. These are the things I will do, and I will not forsake them.*

(Is 42:16)

The labyrinth is a personal journey in prayer to your centre.

There are three movements:

Moving Inward - A time to cast off, discard, divest, unwrap, forget.

Centering - A time to be open, expectant, empty and receptive.

Moving Outward - A time to gain direction, comfort, and new energy.



Yellow: "I think"; Orange: "I feel";  
Red: "I am"; Green: "I love";  
Indigo: "I am more!"; Violet: "I see";  
Blue: "I speak"; Pink: "I listen"

You can also undertake the journey of the labyrinth online:

[www.labyrinthonline.com](http://www.labyrinthonline.com)

[www.yfc.co.uk/labyrinth](http://www.yfc.co.uk/labyrinth)

[www.gratefulness.org/labyrinth](http://www.gratefulness.org/labyrinth)





# *Spirit of* **Ritual**

The kind of person who gives reverence to the markers of our lives, of the Church and of all creation, and they take an active part in supporting the ritual and spiritual life of our community.



# Blessing Prayer

*Just to be is a blessing. Just to live is holy.*  
(Rabbi Abraham Heschell)

Pray the Sign of the Cross  
deliberately as you bless yourself:

In the name of the Father ...  
the Creator of all

*Centre my mind to know your  
presence; to see you in every face I  
meet; hear you in every word I speak  
and know you in every breath I take.*

And in the name of the Son ...  
the one who showed the way  
*Move me in the deepest part  
of my being to walk the way of  
compassion; to stay the path of  
painful growth; to hold close to the  
tender embrace of God.*

And in the name of the Holy Spirit  
... who is with us always  
*May I stay open to the Spirit –  
gentle as the whisper of wings on  
my days.*

Amen.

## Blessing Others

We can bless informally through thoughtful cards and notes. Let people know they are valued, precious, needed and loved. We can also bless others more formally with simple, symbolic gestures and with words – as simple as “Bless you” or “May God bless your efforts” through to using words from scripture to bless. (e.g. Numbers 6:24-26)