



Spoke, Spark & Flashlight Prayer

We promise to be a spoke, spark, and a flashlight.
Not to be the fire, but to be the spark.
We are the spoke, not the wheel.

As the Holy Spirit sends us fascinating people and transforming events, I promise to be the person holding the flashlight that shines on the gifts and graces YOU send us.

When we feel that we have "out punted our coverage" we will repeat the prayers,
"Empty me of me, fill me with you."
"Open our minds and hearts, to hear YOUR message."

Give us the courage to admit our sins, repent of our bad habits, and open our minds and hearts to your Divine Mercy.

We promise to let go of any banisters that hinder us from becoming the best versions of ourselves, who you created us to be.

With our two ears, two eyes, and one mouth, we will act accordingly.

Laughter is life's lubrication. Help us laugh at ourselves and refine our ability to see humor in life.

Help us fight the urge to "have all the answers" and see the beauty of "holding the hands of the wounded" and just being 'present'.