

## Group Reflection :

10 mins

### Invite gentle sharing:

**What kind of church or community does this passage call us to become?**

or

**What helps us remain rooted in prayer while staying engaged with the world?**

## Closing Prayer

(5 mins)

Loving God,  
you do not call us away  
from the world  
but deeper into it —  
with courage, compassion,  
and hope.  
Teach us to recognise Christ  
in friend and stranger,  
in joy and sorrow,  
in ordinary acts of kindness.  
Keep us rooted in your love.  
Make us people of presence  
and peace.  
And where the world  
is fragmented,  
help us become signs  
of your unity.  
Through Christ  
who prays for us still.

Amen.



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# HeartBeat

## Two Prayer, Presence and a Million Acts of Hope

Sunday 17<sup>th</sup> of May  
Lectionary Reading:  
John 17.1-11

### Theme

Jesus prays not for escape from the world, but for faithful and loving presence within it.

This session explores:

- prayer as grounded relationship,
- hope made visible through action,
- unity and belonging,
- and how small acts of compassion become signs of God's life among us.

## Opening Prayer

3 mins

Loving God,  
you are closer to us  
than the air we breathe.  
Teach us to pray with honesty,  
to live with compassion,  
and to recognise your presence  
in one another.  
Help us remain rooted in your love  
while living fully in the world.  
Amen.

## Reading the Passage :

7 mins

### John 17.1–11

Invite someone to read the  
passage slowly.  
Allow one minute of silence  
afterwards.

### Ask:

*“What word, phrase, or image stays  
with you?”*

Invite brief responses only.

## Context and Introduction :

10 mins

### Leader Input

This passage comes near the end of  
Jesus’ earthly ministry.

Jesus knows suffering and conflict are  
close:

- betrayal,
- violence,
- abandonment.

Yet he does not pray for escape from  
the world.

He says:

“They are in the world.”

And he prays:

- for protection,
- unity,
- faithfulness,
- and relationship.

Christian writers like Óscar Romero  
often spoke about prayer being  
rooted in real life:

- suffering,
- fear,
- loneliness,
- injustice,
- hope.

Prayer is not withdrawal from the  
world.

It is learning how to remain present  
within it.

## Discussion and Wonderings :

30 mins

### Wondering 1

Jesus says:

*“They are in the world.”*

What does it mean to live faithfully  
“in the world” today?

Where do you experience pressure,  
distraction, or fragmentation?

### Wondering 2

The reflection suggested:

*“Every act of hope becomes a form of  
prayer made visible.”*

What do you think about that?

Where do you see small acts of hope  
making a difference in ordinary life?

### Wondering 3

Jesus prays:

*“That they may be one.”*

What helps create genuine belonging  
and connection today?

What gets in the way?

### Wondering 4

How might prayer help us become  
more attentive:

- to God,
- to ourselves,
- and to other people?

## Reflective Activity :

10 mins

### “One Act of Hope”

Give each person a small piece of  
paper or card.

Invite them to write:

**One act of hope they could offer  
this week.**

Encourage practical and realistic  
actions.

Examples:

- checking on someone lonely,
- listening without rushing,
- inviting someone for coffee,

If appropriate, place the cards around  
a candle or central table.

Allow a few moments of quiet.