

Guided Reflection

on Our Baptismal Promises



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Today we're learning about baptismal promises. During the next few minutes, we're going to reflect on our Baptism and the promises that were made for us by our parents and godparents.

Let's take a moment to get comfortable. Make sure you're in a position where you can be comfortable and still for the next few minutes. Now let's quiet ourselves. Close your eyes. Slowly and quietly breathe in to the count of five. (*Count: 1, 2, 3, 4, 5.*) Hold your breath for one second. Now slowly and quietly breathe out to the count of five. (*Count: 1, 2, 3, 4, 5.*) Let's do that again. (*Repeat.*)

Now imagine that everyone else in this room has vanished and that you are all alone, enjoying the quiet. Before long, Jesus walks in and sits next to you. He asks how you are doing. Talk to him. (*Pause.*)

Jesus explains that he is here today to talk to you about the promises that were made in your name at Baptism.

YOU ASK HIM, "JESUS, WHAT ARE THESE PROMISES ALL ABOUT?"

Jesus says, "I was there at your Baptism. I remember who was holding you. I remember the family and friends who were there. And I remember the priest asking your parents and godparents to say, 'I do!' to a number of questions. These questions are promises that I ask of you as my follower." (*Pause.*)

YOU ASK JESUS, "SO, WHAT AM I PROMISING TO DO OR TO BE?"

Jesus replies, "You're promising to love me above all else, because that's the promise I've made and kept with you. So I ask you to promise to reject Satan, and all his works, and all his empty promises. That means that I'm asking you to promise to say *no* to anything that pretends to take my place—because nothing and no one can. Can you make that promise?" (*Pause.*)

“I’m asking you to believe in God, my Father, who created you and everything in heaven and on earth. I’m asking you to promise to love the One who already loves you unconditionally. Will you make that promise?” *(Pause.)*

“I’m asking you to promise to believe that I really and truly became just like you and died for you, and am risen so that I can be with you always. I’m asking you to believe in me. Will you promise to believe in me? To trust me?” *(Pause.)*

“I’m asking you to believe in the Holy Spirit, the love shared between me and my Father. I’m asking you to promise that you believe that the same Holy Spirit who came upon the Apostles at Pentecost comes [or came] upon you in Confirmation. Do you believe me when I say that?” *(Pause.)*

Jesus continues, “I’m asking you to believe in my Church and in all that the Church teaches you so that you can come to know me and love me more closely. I’m asking you to promise to learn more about how to follow me. Do you promise to do this?” *(Pause.)*

“This is what it means to believe in me. This is what it means to have faith. I want you to have this faith as a gift. I want you to keep these promises, because my Father has kept his promise to you, and I am keeping my promise too by sending you the Holy Spirit. I’m proud of you, and I want you to be proud of your friendship with me. What do you think?” *(Pause.)*

Talk to Jesus now in your own words about these promises that he is asking you to make. *(Pause.)*

Tell Jesus that you want to make these promises but that you need help. Talk to Jesus about what’s keeping you from truly making these promises. *(Pause.)*

Jesus knows that it’s time for you to move on now. He asks if there’s anything else you want to say to him or ask him. Take time to do that now. *(Pause.)*

Thank Jesus for this time together. Watch as he walks out of the room. Spend a quiet moment now with the Holy Spirit. *(Pause.)*

When you are ready, gradually bring your attention back to this room and open your eyes. Stretch if you like. Welcome back.