Consider involving the entire community by ending your fast at the parish mass. THINKfast participants could invite everyone to make a donation and/or sign the Action Card. Parts of this liturgy, perhaps the prayer or litany or reflection on ‘Our Father’ could be included in the Mass. Another option would be for the THINKfast participants to bring forward their petitions and read them out loud to the congregation.

OBJECTIVE // This prayer service is reserved for the end of the THINKfast.

TIME // 1 hour

MATERIALS //
- 4 candles and matches
- Small table
- Instrumental music
- Large bowl or box to hold prayer petitions
- Pens
- One copy per participant
- One sheet with ‘Our Deepest Fear’ on side 1 and ‘Teach Us and Show Us the Way’ on side 2
- Sheet for prayer petitions

PREPARATION //
- Ask five volunteers to be readers. Provide a copy of bible verses or prayers to two of them and designate the other three as readers 1, 2, and 3 of the Litany.
- Ask four others to light the candles after the reading of ‘Our Deepest Fear’.
- Prepare copies of the sheet for prayer petitions ahead of time, to be distributed during the petition period, along with a pen or pencil.
- You can play soothing instrumental music during the time allotted for petitions to set a relaxing tone and comfortable environment for reflection.
- Distribute copies of prayers to all assembled.
- Once participants have settled into the prayer space, begin...
- until they are asked for them later in the liturgy.
- Play instrumental music quietly. You can use gentle music and low lighting to develop a reflective mood.
- Once participants have arrived into the prayer space, begin...
LEADER //

“As we come to the end of our time together, let us take a moment to centre ourselves and reflect on this time we have spent together during THINKfast.

“Reflect in silence as I ask:
What did you like the most?
What did you like least?

Call to mind what you offered up at the beginning of the THINKfast, what you sacrificed to be here.

Recall the many things that people in the Global South sacrifice each day.

What really shocked you?
What brought you the most peace?”

LEADER //

“Through this experience and continued solidarity, we remain hopeful and faithful with our brothers and sisters around the globe who hunger and thirst for food and drink and for justice and peace.”

Ask participants if the world is as it should be. Then invite participants into prayer for injustices in the world by saying together the ‘Our Father’ just as at the beginning of the fast, joining in solidarity in spirit and in prayer with brothers and sisters around the globe.

Stand and hold hands to pray together the “Our Father”, beginning with a sign of the cross.

LEADER //

Ask participants to recall the words in the prayer Jesus taught us, “Thy will be done..., on earth as it is in heaven...”

Ask participants if they remember praying these lines in the prayer. Mention that sometimes words get overlooked in prayer (due to distractions, speeding, lack of focus and so on).

Repeat the lines of our Lord’s prayer ‘...Thy will be done, on earth, as it is in heaven...’ and ask participants:

- Whose will are we saying should be done? (God the Father)
- Is the Father’s will being done in the world? (No)
- What is the Father’s will? (field a few responses)

Remind students that God’s will is that all will share in enough for each day (“daily bread”) and live respectfully in community (“forgive us our sins as we forgive others”). Invite participants to ponder what that would be like on earth.
LEADER //
Invite participants to close their eyes and think of one or two big problems happening in the world that they learned about during the THINKfast that they would like to help solve. Invite them to visualize themselves personally solving the problem. Invite participants to consider one or two ways in their own lives right now that they could do something to impact that problem they want to solve.

Quiet moment of contemplation (1 minute)

LEADER //
Remind participants that no problem is too big to solve. Remind them of the words of Blessed Mother Teresa, “We can do no great things, only small things with great love”. Invite participants to open their eyes.

LEADER //
Distribute and read or invite a volunteer to read the speech ‘Our Deepest Fear’.

Lighting of the candles (call up the volunteers)

LEADER //
Pick up on some of the images and phrases from the reading (“Your playing small does not serve the world” or “as we let our own light shine..”) as you invite 2-4 participants to briefly share one of the big problems they learned about during the THINKFast that they would like to help solve. (Intended to allow participants to respond to reflection). Recognize all participants for calling a problem to mind that they would like to help solve.
Prayers of Petition

LEADER //

Tell participants there will be a reading from Scripture followed by prayer petitions, where they can pray for the problems they would like to help solve and anything else they can think of. Let them know that they are about to hear about God’s love and pain in these problems and how prayer can be answered.

READER 1 //

Read Isaiah 58:6-11

Distribute prayer petition sheets and pens to participants and invite them to write their prayer petitions on the sheets to be read aloud later. Play instrumental music.

Quiet time for writing petitions (3 minutes) Stop instrumental music.

LEADER //

“As we come to the end of our time together, let us pray and reflect on the Prayer of St. Teresa of Avila, as we give our prayer petitions to God. This prayer reminds us to see as Christ did, to reflect on the gifts we have been given, and to act with joy and conviction to help bring healing to all people on earth as it is in heaven.”

All participants stand

READER 2 //

Read St. Teresa’s prayer. Stays at the front near the bowl or box used to collect the petitions.

LEADER //

Invite each participant to come forward and read their petition and then to place their prayer petition sheet into the bowl/box. If they don’t wish to read their petition, they can hand it to Reader 2 who will do this for them and then place it in the container.

Prayer petitions are read: response is “Lord, hear our prayer”.

LEADER //

“Heavenly Father, bless us as we invite others to join us on our journey of solidarity so that together we may foster a world without poverty, hunger or fear. That Your will may be done on earth as it is in heaven.”

Readers of the litany come forward and lead this prayer.
LEADER //

“We have been blessed by the call to see, reflect and act. God has called you by name, and his work is now our work. During our THINKfast we each pledged to support small-scale farming and to work toward ecological justice for all, especially those in the Global South where the effects of global warming are most severe.”

LEADER //

“Go in peace to love and serve the Lord with your whole being. Go in solidarity and in joy, for you are the chosen and the blessed. God has called you by name and you are His beloved.”

ALL //

“Amen.”