



Team Commitment

We don't want you to see these as either unrealistic or unachievable. Whilst we have a high expectation of holiness - we recognise that we also need to have an equally high threshold of compassion and grace. So, don't see these as rigid 'rules', but rather the framework for a way of life. Jesus spoke of wanting his followers to live life to the full (John 10:10) - these commitments are a way of helping you live that life. Following Jesus faithfully will mean having integrity and accountability.



Team Commitment

As a team member of theASCENT I commit to the following elements. Where an element remains vague or exceptions need to be made, it is my responsibility to discuss it with the team pastor.

I commit to the following practical elements of my own discipleship:

Aim for at least 30 minutes of personal prayer a day, ideally in one sitting.

"And when you pray...go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you." Mt 6:5-6

Fulfil my Sunday Mass obligation and honour the Sabbath rest.

"Remember the sabbath day, to keep it holy" Exodus 20:8

Celebrate the Sacrament of Reconciliation monthly.

"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." Jms 5:16

Intercession for theASCENT and my mentees (if applicable) on a weekly basis.

"I have posted watchmen on your walls, Jerusalem; they will never be silent day or night. You who call on the LORD, give yourselves no rest." Is 62:6

**Fast once a week for the mission of theASCENT
(to be discerned with my spiritual director)**

"When you fast..." Mt 6:16; "For some days I mourned and fasted and prayed before the God of heaven." Neh 1:4

The 123 Model including:

- o My own spiritual direction every 6-10 weeks
- o Weekly fellowship and accountability with at least two other Christians
- o Mentoring my three mentees once a month during a PoD session

"And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others." 2 Tim 2:2

Taking a yearly personal retreat time (to be discerned with my spiritual director)

"And he said to them, "Come away by yourselves to a lonely place, and rest a while." For many were coming and going, and they had no leisure even to eat." Mk 6:31

Continual formation and commitment to growth as a disciple.

"Therefore leaving the elementary teaching about the Christ, let us press on to maturity"

Heb 6:1



Team Commitment

I commit to prioritise the following in my lifestyle as a missionary disciple:

Pursuing the grace of being continually baptised in the Holy Spirit; and using the charismatic gifts, especially the gift of prophecy.

"Follow the way of love and eagerly desire gifts of the Spirit, especially prophecy." 1 Cor 14:1

A lifestyle of balance and moderation in regards to alcohol, media consumption and social media.

"Let your moderation be known unto all men. The Lord is at hand...whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Phil 4:4-8

The teachings of the Catholic Church in regards to sexuality as laid out in St. John Paul II's Theology of the Body.

"The human body includes right from the beginning...the capacity of expressing love, that love in which the person becomes a gift – and by means of this gift – fulfils the meaning of his being and existence." Saint John Paul II

Uphold the dignity of every human person as well as other principles of Catholic Social Teaching.

The equality of men rests essentially on their dignity as persons and the rights that flow from it: "Every form of social or cultural discrimination in fundamental personal rights on the grounds of sex, race, color, social conditions, language, or religion must be curbed and eradicated as incompatible with God's design." (CCC 1935)

Hold the prayerful reading of the scriptures in high esteem.

"Lectio Divina, if it is effectively promoted, this practice will bring to the Church – I am convinced of it – a new spiritual springtime." Pope Benedict XVI

Invest in my local parish (or other local context)

"God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them." Heb 6:10

Tithe until it demands something of me (to be discerned with my spiritual director)

"When you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. And your Father who sees in secret will reward you." Mt 6:3



Team Commitment

Sharing the Gospel when prompted by the Holy Spirit.

"The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the broken-hearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed." Luke 4:18

I commit to the following essential elements of service to theASCENT:

- Accountability to the Leadership structures which enable the process to thrive
- Three years of service if attached to a cohort
- To be fully present on theASCENT weekends three times a year
- PoD on a weekly basis during term time at 19:30 on a Monday (Discipleship Team)
- Attendance at the yearly team training weekend
- Attendance at my monthly location meeting at 19:30 on a Monday (Discipleship and Retreat teams)
- Engagement with monthly team formation resources
- Living out theASCENT values of prayer; encouragement; service; excellence; welcome; and testimony



We encourage you to see these commitments as an opportunity to walk more closely with Jesus; to cling more closely to Scripture and the Church; and to grow into authentic disciples and leaders.

When you struggle (as we all do) to keep to your commitments, bring your worries to one of the leadership team - who will always try and meet you with grace and understanding. And bring your fears and failures to Jesus, who will allow you to rest in him, with no shame - allow him to minister his grace to you. Grace does not excuse us from doing what's right, but it does allow us to see how we can only achieve holiness with Jesus at work within.

'May the strong have something to strive for and the weak have nothing to run from.'

The Rule of St Benedict







Commit your way to the Lord;
trust in him, and he will act.

Psalm 37:5