

# RE – Vows and commitments

Lesson 6: I understand how to show commitment in my own life.

Key vocabulary: Commitment ceremony, religious, non-religious, sacrifice, promise, celebrate.

# Commitment Recap

## What Is Commitment?

Commitment (noun): A commitment is **a promise to give your time and energy to something you believe in.**



A **commitment** is a **promise** to give your **time** and **energy** to something you **believe** in.



# Commitment Recap

- It is your final chance to think about the commitment you have shown this week. Have you achieved your goal?
- Think back to our first lesson on Vows and Commitments.
- You made a commitment to yourself that you have been monitoring for the past few weeks.
- Reflect: How have you done?
- What traits have you worked on and developed?

Trait	This means that you will...
<b>Attentiveness</b>	Pay close attention to what you are doing.
<b>Confidence</b>	Believe in yourself and your abilities.
<b>Dedication</b>	Be devoted to the task you've set yourself.
<b>Determination</b>	Stick to your choices no matter what.
<b>Loyalty</b>	Never give up on what you are doing.
<b>Patience</b>	Put up with any delays or setbacks.
<b>Perseverance</b>	Continue even when the task is difficult.
<b>Resilience</b>	Get back up and try again when you fail.
<b>Responsibility</b>	Hold yourself to account for your own success.

**Week 1: Starting Out**

What two actions will you take each week towards your goal? Date: \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

Which trait do you want to demonstrate next week? \_\_\_\_\_

**Week 2:**

How did you do this week? 😊 😐 😞

What will you do better next week?  
\_\_\_\_\_

Which value do you want to demonstrate next week?  
\_\_\_\_\_

**Week 3:**

How did you do this week? 😊 😐 😞

How will you make sure that you meet your goal?  
\_\_\_\_\_

Which value do you want to demonstrate next week?  
\_\_\_\_\_

**Week 4:**

How did you do this week? 😊 😐 😞

Who has helped you to work towards your goal this week?  
\_\_\_\_\_

Which value do you want to demonstrate next week?  
\_\_\_\_\_

**Week 5:**

How did you do this week? 😊 😐 😞

How will you make the next week your best yet?  
\_\_\_\_\_

Which value do you want to demonstrate next week?  
\_\_\_\_\_

**Week 6: The Final Outcome**

Have you achieved your goal? Date: \_\_\_\_\_

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What are your next steps?  
\_\_\_\_\_

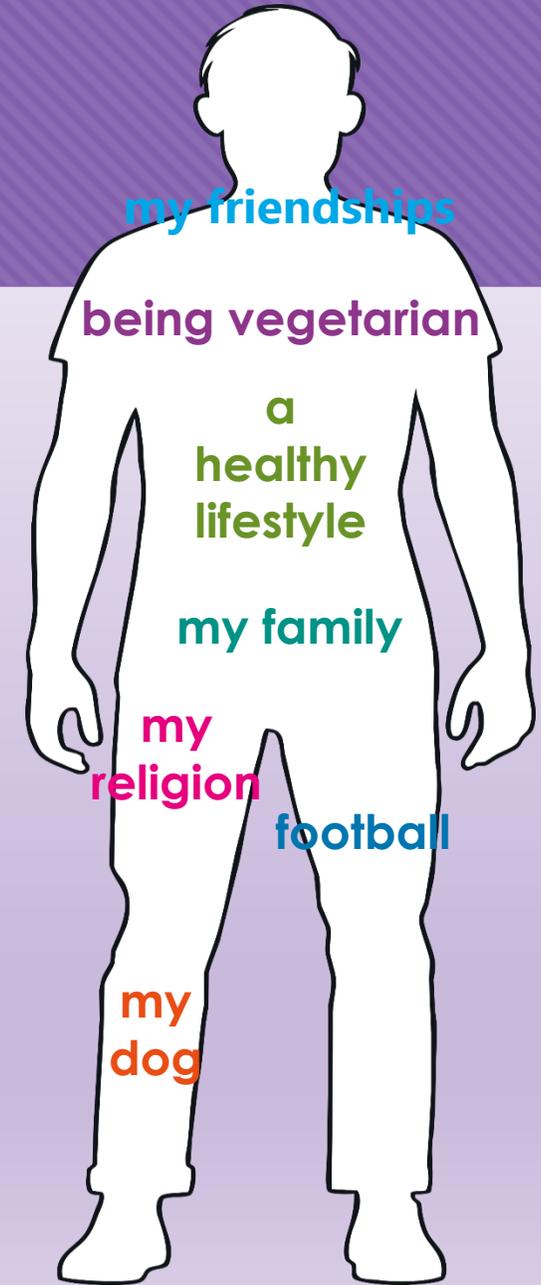
# What Do You Know about Commitment?

- Answer these questions:
  - What does it mean to 'commit' to something?
  - Give an example of a non-religious commitment.
  - Give an example of a religious commitment.
  - What do you commit to in your life?



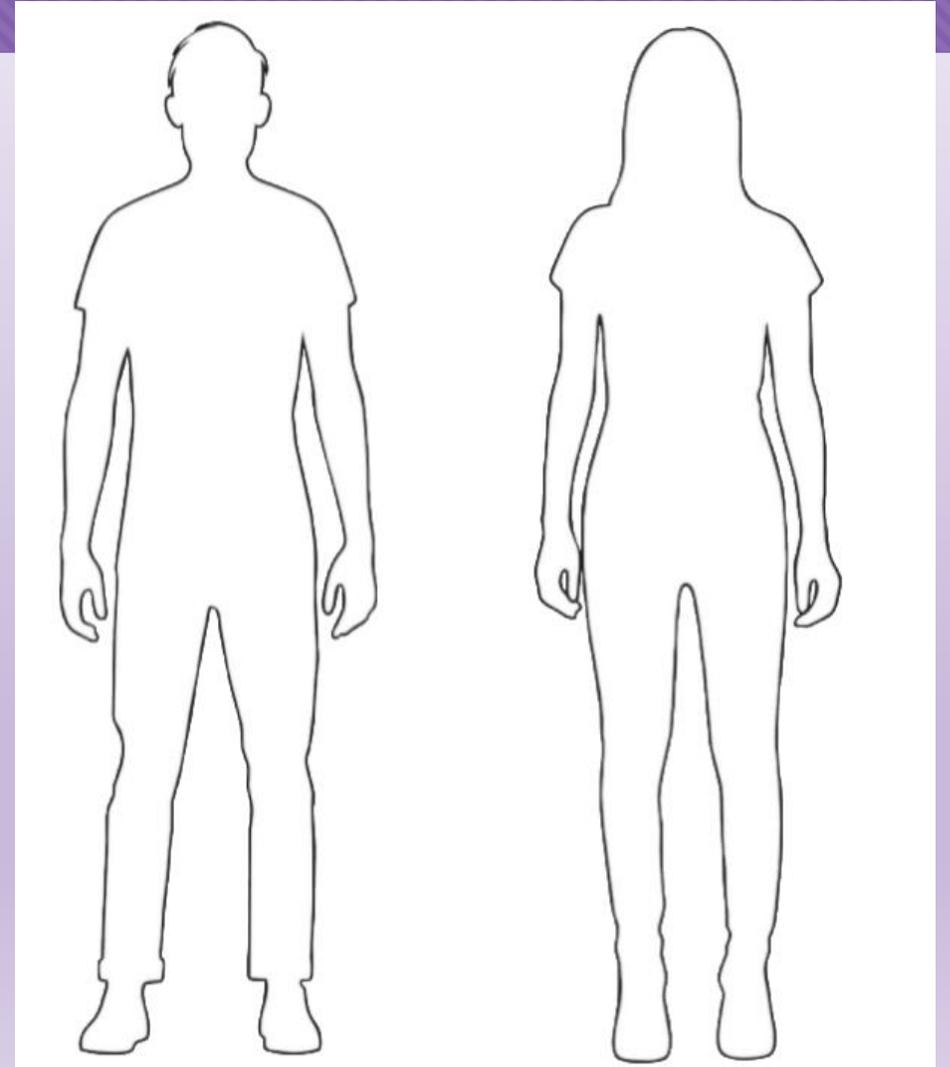
# What Are You Committed To?

- The outline of this person has been filled with words which show what they are committed to.



# What Are You Committed To?

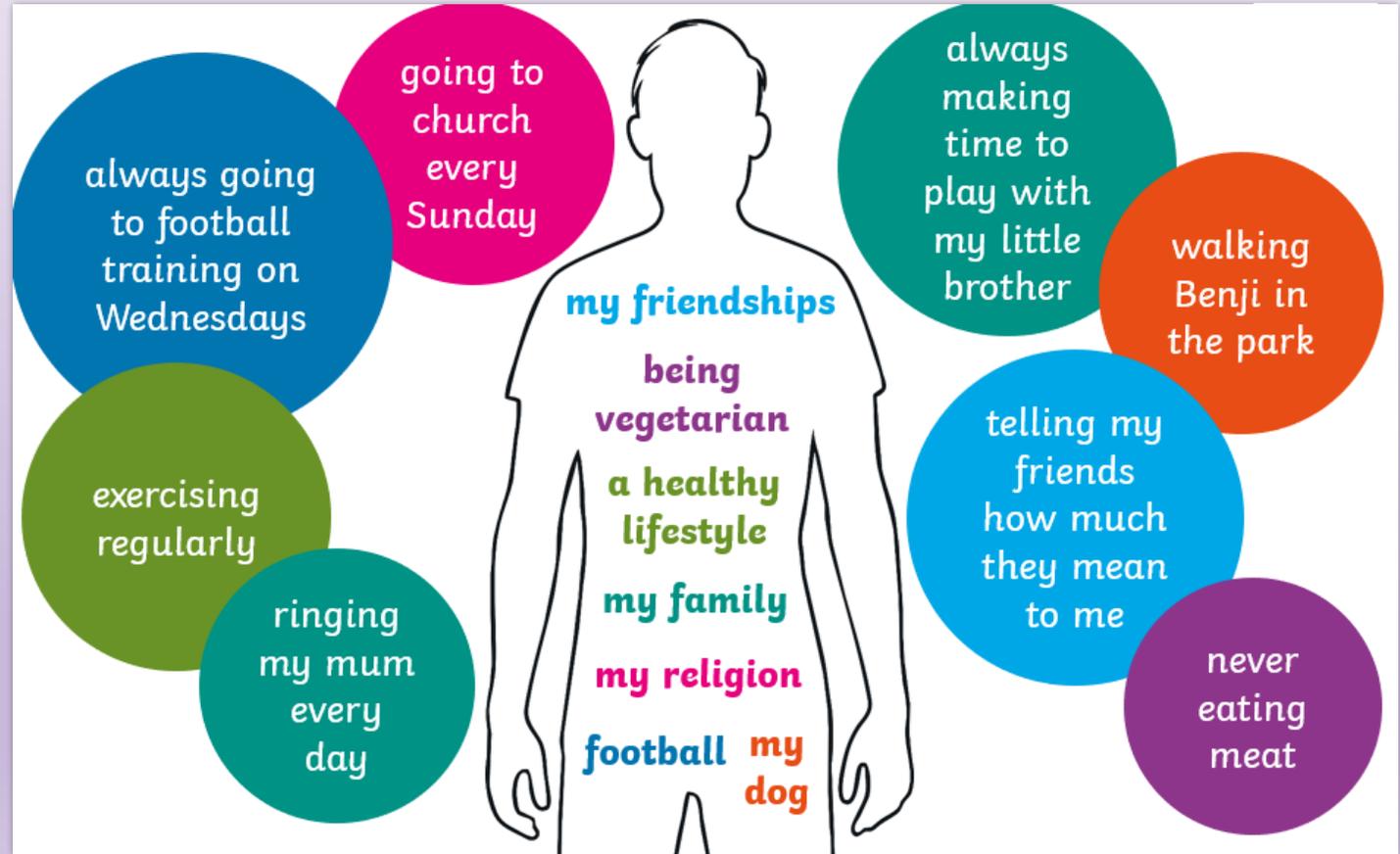
- Draw a silhouette of yourself.
- Inside your drawing, record all the things that you are committed to.
- This can be religious and non-religious.



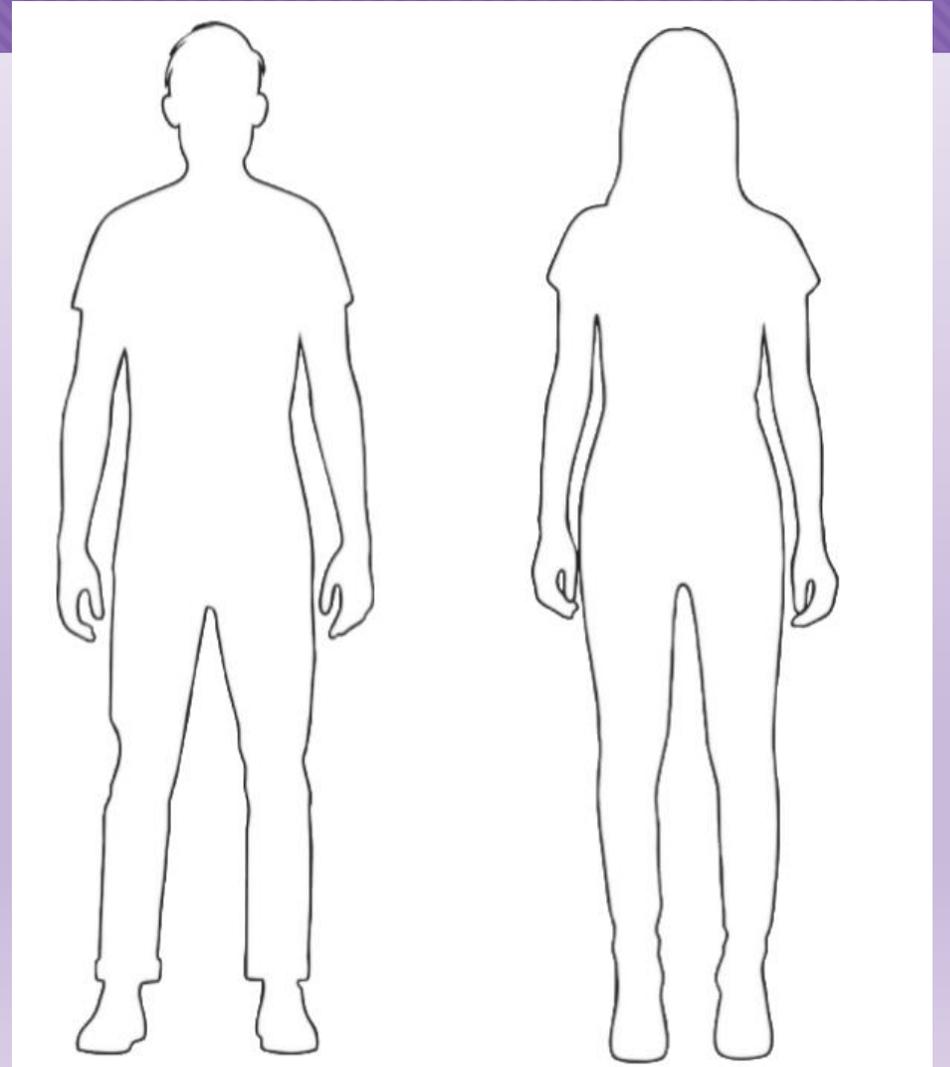
# How Do You Show Commitment?

Around the outside of the person has been filled with phrases which show how they show commitment.

They are surrounded by things that they think, do, say and choose which show their dedication.



- Add to your outside.
- Describe how you show your commitments from the inside.



# Displays of Commitment

- Sometimes, the only way you know that somebody has made a commitment is because you see them acting upon it in their everyday life.

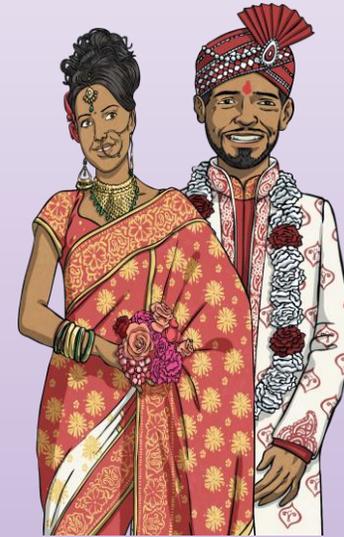


# Displays of Commitment

- At other times, commitments people make are marked by a special **ceremony**.



# Displays of Commitment



Can you remember any **religious** or **non-religious commitment ceremonies** we have looked at in this unit?

# Displays of Commitment

- Let's look at what the commitments and ceremonies we have studied so far have in common:

## Type of Commitment



Ed Sheeran

Commitment to his career as a musician.



Jeremy

Bar Mitzvah – his coming of age ceremony.



Safiyya

Sacrifice – fasting during the month of Ramadan.



Sanjay and Avni

The commitment of becoming married to one another.

# Displays of Commitment

- Let's look at what the commitments and ceremonies we have studied so far have in common:

## Other People Involved



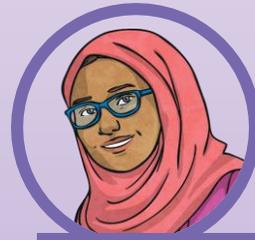
Ed Sheeran

- ✓ His family
- ✓ Managers
- ✓ Bands
- ✓ Fans



Jeremy

- ✓ His family
- ✓ Rabbi
- ✓ Local Jewish community



Safiyya

- ✓ Her family
- ✓ Her local Muslim community



Sanjay and Avni

- ✓ Their families
- ✓ Their communities

# Displays of Commitment

- Let's look at what the commitments and ceremonies we have studied so far have in common:

## Special Words Said



Ed Sheeran

The lyrics to his songs remind him of his commitment.



Jeremy

Words from the Torah and the speech he has prepared remind him why he is making the commitment.



Safiyya

The prayers for strength and perseverance that she makes during the month of Ramadan.



Sanjay and Avni

Their marriage vows and promises to each other. Their prayers as part of the ceremony.

# Displays of Commitment

- Let's look at what the commitments and ceremonies we have studied so far have in common:

## Important Words Read



Ed Sheeran

Words in his contract with his management company.



Jeremy

The words he reads from his holy book, the Torah.



Safiyya

The words she reads from her holy book, the Qur'an.



Sanjay and Avni

The sacred mantras read from their holy texts by the Purohit.

# Displays of Commitment

- Let's look at what the commitments and ceremonies we have studied so far have in common:

## Special Objects Used



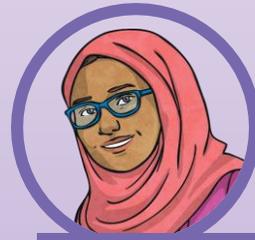
Ed Sheeran

- Guitar
- Microphone



Jeremy

- Torah
- Yad (pointing stick)
- Kippah (skullcap)
- Tallit (prayer shawl)



Safiyya

- Qur'an
- Prayer rug
- Tasbih (prayer beads)



Sanjay and Avni

- Mandap
- Garlands
- Red powder
- Sacred fire
- Stones and barley

# Displays of Commitment

- Let's look at what the commitments and ceremonies we have studied so far have in common:

## Celebration of Commitment



Ed Sheeran

Concerts, meet-and-greets with fans and awards ceremonies.



Jeremy

Being welcomed into the Jewish community as an adult and the party afterwards.



Safiyya

Eid al-Fitr – the celebration which marks the end of Ramadan.



Sanjay and Avni

The wedding itself and the party afterwards to celebrate with friends and family.

# Questions to Consider

- Think about your answer, discuss with an adult if you can:
  - What type of commitment did you make?
  - Who else was involved in your commitment?
  - Will you have important words will you **say** and **read**?
  - Were there any special objects?
  - Will there be a ceremony to celebrate?
  - What will happen after your ceremony?