

“Rediscover the joy of believing and enthusiasm for communicating the Faith”

OPENING PRAYER

Loving Father, Open our hearts and minds
and allow us to see the beauty of our faith.

Show us what is possible and fill us with the grace, strength, and wisdom
to live all the good things we explore here together.

Send your Spirit upon us so that we can discover your dream
for us to become the-best-version-of-ourselves,
and have the courage to defend and celebrate this true self
in every moment of our days.

We ask you to bless in a special way the hungry, the lonely,
the sick, and the discouraged. Remind us of our duty toward
them and inspire us to be filled with a profound gratitude.

We ask all this through your Son, Jesus.
Amen.

THE SEVEN PILLARS OF CATHOLIC SPIRITUALITY – CONFESSION & DAILY PRAYER

VIDEO: Confession and Daily Prayer – The Seven Pillars of Catholic Spirituality DISCUSSION

1. *Confession*: What insight from the video made you rethink your attitude toward confession?
2. Do you have any questions or concerns about going to Confession?
3. Do you feel empowered when you have the answers to questions people ask about Catholicism? What could you do on a regular basis to increase your knowledge about the Catholic faith so that you will have more and more answers to share with others?

THE SEVEN PILLARS OF CATHOLIC SPIRITUALITY – THE MASS

VIDEO: The Mass Part 1, The Mass Part II, The Mass Part III - The Seven Pillars of Catholic Spirituality

DISCUSSION

1. What was one thing Matthew Kelly said in the video that inspired you to engage more deeply in the Mass?
2. Have you begun using a Mass journal to help you engage with the Mass? What has that experience been like? How has God spoken to you in the Mass?
3. Have you ever had an experience of marvel, wonder or mystery at Mass?

THE SEVEN PILLARS OF CATHOLIC SPIRITUALITY – THE BIBLE & SPIRITUAL READING

VIDEO: The Bible and Spiritual Reading - The Seven Pillars of Catholic Spirituality

DISCUSSION

1. *The Bible:* What is your favorite story from the Bible? Why?
2. *The Bible:* What did you learn about the Bible that you did not know before?
3. *Spiritual Reading:* What is the last really good Catholic book you read? If you read a great Catholic book for fifteen minutes every day for the rest of your life, how would your life and spirituality improve?

THE SEVEN PILLARS OF CATHOLIC SPIRITUALITY – FASTING, THE ROSARY

VIDEO: Fasting and The Rosary - The Seven Pillars of Catholic Spirituality

DISCUSSION

1. *Fasting:* Did you fast since the previous session? What was that experience like? What would be the hardest thing for you to fast from for one day each week? Would you consider giving up that one thing for one day each week?
2. *The Rosary:* When was the last time you prayed the rosary? If it is not part of your spiritual routine, why don't you pray it more often? Do you have any questions about how to pray the Rosary?