

**LONGING FOR MORE OUT OF LIFE? STRUGGLING TO SEE WHAT FAITH HAS TO DO WITH EVERYDAY LIFE?**

Get energized, educated, and inspired! Learn how to apply the genius of our faith to your life – in practical, livable ways.

Pick up a FREE copy of **REDISCOVERING CATHOLICISM** after each Mass **Your life won't be the same**

**READY FOR A RECHARGE???**

**Does God really have a plan for your life? Is Catholicism still relevant?**

**What does this mean for our relationships and our families Use the following questions to share your insights!**

**FIRST WEEK OF LENT March 9**

Book: **REDISCOVERING CATHOLICISM**

**WHERE TO FROM HERE? Read pages 13–25**

1. Describe a moment in your life when you most enjoyed being Catholic.
2. How did the story about the epidemic and the little boy change the way you think about Mass? What else did the story challenge you to reflect upon?
3. In the Introduction of *Rediscover Catholicism* the author shares many ideas about where we are as a Church and possibilities for the future. Which idea most struck you from that section? Why?
4. This is a very hopeful book, and yet the author is not afraid to confront the very real challenges we face as a Church at this moment in history. As you reflect on the future of Catholicism:
  - a) What are you most concerned about?
  - b) What are you most hopeful about?
5. It seems the first Christians lived differently, loved differently, and worked differently, and in the process captured the imagination of the people of their time. How can you live, love, and work so as to intrigue the people in your own place and time?
6. In what ways is God calling you to a bigger future at this time in your life?
7. What makes you proud to be a Catholic today?

## **SECOND WEEK OF LENT MARCH 16**

### **PART ONE: WE BECOME WHAT WE CELEBRATE**

Read pages 27–66

1. When you consider where we are today as a society, do you think the world needs Christianity more or less than it did a hundred years ago? What are the signs that support your view?
2. How are you influenced by the philosophies of individualism, hedonism, and minimalism? Give examples.
3. In Chapter Three the author quotes, “The desire for God is written on the human heart . . .” (*Catechism of the Catholic Church*). In what ways do you yearn for God?
4. How would you describe your relationship with Jesus? Is he friend, mentor, coach, savior, spiritual director, role model, distant God, or historical figure? Where do you see opportunities for this relationship to grow?
5. How does embracing Catholicism as a way of life make you a-better-version-of-yourself?
6. In Chapter Five the author discusses the identity crisis that we are struggling with as a Church. If your life were put under a microscope, would there be sufficient evidence to convince a jury of your peers that you were truly Catholic? What would that evidence be?

## **THIRD WEEK OF LENT MARCH 23**

### **PART TWO: THE AUTHENTIC LIFE**

Read pages 67–144

1. When you are behaving in ways that are inauthentic, are you conscious of it at the time, or do you become aware of it only later? How do you feel different when you act authentically versus when you do not?
2. Is holiness possible for you? Why or why not?
3. Now that you are reading *Rediscover Catholicism*, do you find yourself thinking about the-best-version-of-yourself in the moments of the day?
4. In Chapter Eight the author offers short biographies of Francis of Assisi, Mother Teresa, John Vianney, Thomas More, and John Paul II.
  - a) Which biography inspired you the most?
  - b) Which person did you know the least about before?
  - c) How did the stories encourage, challenge, or inspire you to live differently?
5. If you had to give yourself a score between one and ten (ten being total commitment), how would you rate your commitment to doing the will of God in your life?
6. In what way did you rediscover Catholicism by reading Part Two of the book?

### **FOURTH WEEK OF LENT MARCH 30**

#### **PART THREE: THE SEVEN PILLARS OF CATHOLIC SPIRITUALITY**

Read pages 145–228

1. What is one thing you learned about the pillars of Catholic spirituality that you didn't know before?
2. *Confession*: What insight from this chapter made you rethink your attitude toward confession?
3. *Daily Prayer*: How do you imagine your life would improve if you were more consistent in your approach to daily prayer?
4. *The Mass*: What did you think of the Mass journal idea? Do you think you will make this a part of your spirituality?
5. 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?

### **FIFTH WEEK OF LENT APRIL 6**

#### **PART THREE: THE SEVEN PILLARS OF CATHOLIC SPIRITUALITY (CONTINUED)**

Read pages 229–284

1. What did you learn about the seven pillars that you didn't know before?
2. *The Bible*: What is your favorite story from the Bible? Why?
3. *Fasting*: 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?
4. *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?
5. *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?

### **HOLY WEEK APRIL 13**

#### **PART FOUR: NOW IS OUR TIME**

Read pages 285–324

1. Now that you have read *Rediscover Catholicism* do you feel inspired to get more involved in the Church? How do you feel called to contribute?
2. If the Church's future is going to be bigger than its past, it seems education and evangelization are key.
  - a) How can you become better educated about Catholicism?
  - b) What are some simple ways that you can evangelize in your circle of influence?
3. It seems everybody wants the Church to change in some way or another. When you and I change for the better, the Church changes for the better. Are you willing to change?
4. In what areas of your life are you a leader? How did Chapter Twenty challenge your leadership style?
5. Jesus' message over and over in the Gospels was, "Do not be afraid." What are you afraid of? How is that fear stopping you from being all God created you to be (the-best-version-of-yourself)?

6. If our lives genuinely improve only when we grow in virtue, what virtue do you sense God is calling you to grow in at this time in your life?
7. In what ways did you rediscover Catholicism by reading this book ?
8. How many people do you know who need to read this book? How are you going to encourage them to read it?