

Session Five

THE SEVEN PILLARS OF CATHOLIC SPIRITUALITY (CONTINUED)

Reading: Part Three, Chapters Fifteen through Eighteen

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.

Discussion Questions:

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?

Closing Prayer:

THE DYNAMIC CATHOLIC PRAYER

Loving Father,

I invite you into my life today
and make myself available to you.

Help me to become the-best-version-of-myself
by seeking your will and becoming a living example
of your love in the world.

Open my heart to the areas of my life that need to change
in order for me to carry out the mission
and experience the joy you have imagined for my life.

Inspire me to live the Catholic faith in ways that are
dynamic and engaging.

Show me how to best get involved in the life of my parish.

Make our community hungry for best practices
and continuous learning.

Give me courage when I am afraid,
hope when I am discouraged,
and clarity in times of decision.

Teach me to enjoy uncertainty and lead your Church
to become all you imagined it would be
for the people of our times.

Amen.