

HOPE IN HARD TIMES, PART 3

How would you describe your journey with Christ so far? Tell a friend.

What does Heaven mean to you? What do you long for or look forward to in Heaven?

How could hope in Jesus change your circumstances now?

What will you do practically to move towards right ordered hope: pray for detachment, fast from pleasures, or get in community.

HOPE IN HARD TIMES, PART 2

How has living with and for Jesus become more integrated throughout your life?

“What if instead of causing us to doubt or question our faith, the hard times were actually the means to a richer more meaningful life?”

Share your thoughts on this with a friend.

How has suffering made you (your character) better? Are there ways in which suffering has caused you to be bitter?

What do you need to grieve with Jesus? When will you breathe with Jesus on purpose this week?

HOPE IN HARD TIMES, PART 1

What is your attitude toward hard things? Think about a hard thing you're dealing with right now. How have you been thinking and talking about it?

Do you believe you can grow in suffering? Why or why not?

What is God inviting you to fast from in this season? How will you fast this week?

In what way is God calling you to choose faith? How can you choose faith practically?

REST (DISCIPLESHIP)

What things do you revisit or repeat in life because you love it?

What devotion (Scripture, image, etc) do you find yourself returning to in the spiritual life?

What verse or part of a verse from Psalm 23 are you going to stay with in prayer?

What was Jesus doing or saying in your heart during adoration?

HOUSE (DISCIPLESHIP)

How are you feeling about your physical space?
What does your home say about your life and heart
at this moment in time?

What does it mean to belong? When, where, or
with whom do you experience a sense of
belonging?

What desires surface as you ponder
belonging in the Holy Family? In heaven?

How have you experienced belonging in Jesus?
When you have felt at home in the Church?

TABLE (DISCIPLESHIP)

What was the best meal you've ever had? What made it so special?

Which image/part of the verse speaks to your heart the most? Why does it attract you?

In what ways do you identify with the mourning in this verse? How might God be offering you the oil of gladness in this season?

How will you come to the table with Jesus this week, either in your home or at Mass?

VALLEY (DISCIPLESHIP)

Reread Psalm 23:4. What valleys or darkness comes to mind in this season? Do you perceive the Good Shepherd as you walk through it, why or why not?

The heart of Psalm 23 can be found in this verse: "You are with me." What does it mean to you that Jesus is with you?

When it comes to faith. Which sense engages you the most: hearing, feeling, seeing, touching, tasting? How?

Describe your relationship as disciple and Shepherd. What would you like it to be like? Tell Him.

PATHS (DISCIPLESHIP)

Can you relate to the feeling of isolation or loneliness when suffering? Share your experience with a friend.

Who has been an encouragement to you in a time of difficulty? What did they do or say and what did it mean to you?

You can trust Jesus' leadership in your life. In what area or situation would you like to apply that truth? How might it look?

In order to see more of Jesus even in trials and sufferings, which one will you practice today: submit to His leadership in your season, celebrate your healing journey, or share your testimony?

PASTURES (DISCIPLESHIP)

How's your stress? How's your schedule? Can you relate to feeling busy and overwhelmed?

What does rest look like for you? What brings you rest?

What material needs would you like Jesus to provide for? How about spiritually?

This week, slow and stop your body regularly. How will you do this and accept Jesus' invitation to rest?

SHEPHERD (DISCIPLESHIP)

Is there an area or situation in your life where you're feeling lost? Share your heart with a friend.

What does it mean to you to call Jesus "my Shepherd"?

How has Jesus been a shepherd to you?
When did you sense God leading you in your life?

Where is Jesus calling you to follow Him more intentionally right now?

PAUSE + PRAY (DISCIPLINE)

Read and reread Hebrews 12:5-13. What strikes you and why?

What has the Lord been doing or saying in your life lately? What needs more reflection?

Tell Jesus what's been stirring in your heart throughout the series on discipline. Whether it be questions, fears, ideas, or plans, hold nothing back.

Sit quietly with Jesus and let Him look at you. What does the Lord want to share with you? Ask Him to speak to your heart.

GET UP, STAND UP (DISCIPLINE)

Pay attention to the movements of your heart. What was the Lord stirring in your heart during Teachable Tuesday?

Do you have a morning/evening routine? What do you love about your routine?

Can you relate to drooping hands and weaving all over the track? What about your routine isn't working?

Is there one micro-habit Jesus is inviting you to make in the morning/evening that will help you to live a more disciplined life?

HURTS SO GOOD (DISCIPLINE)

What was stirring in your heart during Teachable Tuesday today? What was the Holy Spirit highlighting?

How is discipling (training in obedience) for our good? How have you ever experienced discipline working for your good?

Do you sense the Lord asking you to do something hard? What's holding you back from obedience to what He's asking of you?

How will you make a plan for Confession this week? Who will you share your plan with?

LOVE + LIMITS (DISCIPLINE)

Read and reread Hebrews 12:5-13 for yourself. What sticks out to you and why?

Can you relate to the Father being a God of love? How have you experienced the Father's love?

In what way have you experienced the loving discipline (limits) of the Father?

What was the Holy Spirit stirring in your heart during Teachable Tuesday? How is the Lord nudging you to grow in discipline?

JOHN CHAPTER 21: HE END OF THE STORY

Is there a dream, wound, or calling in your life that feels unfinished or unfulfilled? Share these parts with a friend. In prayer, share your heart with Jesus.

What was it like to sit beside your own charcoal fire and relate your heart to Jesus? Share about your prayer with a friend or journal the graces.

What was YOUR takeaway from John chapter twenty-one?

What was your takeaway from reading and praying through the Gospel of John?

JOHN CHAPTER 19: GOD IS IN THE DETAILS

When and how have you seen God at work in the details of your life?

Sorrow and joy are mingled together in our lives. What joyful details have you noticed lately?

What was it like to stand beneath the Cross? What moved you? Talk to a friend about your prayer.

What was YOUR takeaway from John chapter nineteen?

JOHN CHAPTER EIGHTEEN: WHAT ARE YOUR PRIORITIES?

Make a list of your top five priorities. What takes the top spot?

How does your life reflect your priorities? What needs to change? Consider both heart shifts and practical practices.

For whom are you looking? What do you need from Jesus? Share your desires with a friend and with Jesus in prayer.

What was YOUR takeaway from John chapter eighteen?

JOHN CHAPTER SIXTEEN: ASK HIM ANYTHING

Which question for the Lord do you resonate with most? What is going on beneath that question?

How might it be a mercy, an act of loving kindness, for the Lord not to tell us everything because we “cannot bear it now”? (John 16:12)

What was it like to relate your questions to the Lord from your heart?
What did He do or say?

What was YOUR takeaway from John chapter sixteen?

JOHN CHAPTER FIFTEEN: YOU ARE NOT ALONE

When have you ever felt alone, maybe in the past or even in your present circumstances? What was going on? Who was there for you?

What does it mean to you to abide in Jesus? How could abiding in Him change your life?

What does it look like practically to abide in Jesus?

What was YOUR takeaway from John chapter fifteen?

JOHN CHAPTER FOURTEEN: YOU HAVE A PLACE

Think back on a time when you felt wanted and received? What happened?
What did it mean to you?

What does it mean to you that Jesus is preparing a place for you forever and in your future?

God is faithful to you. Is that hard to believe? Why or why not?

What was YOUR takeaway from John chapter fourteen?

JOHN CHAPTER THIRTEEN: HIS STORY = YOUR STORY

Do you have a favorite piece of art? What is it and why?

Where do you find yourself in the Gospels?
Where do you find yourself in John 13?

What is your reaction to the thought of Jesus washing your feet? What is stirring in your heart?

What was YOUR takeaway from John chapter thirteen?

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What was YOUR takeaway from John chapter thirteen?

JOHN CHAPTER TWELVE: MAKE A DECISION

Have you made a personal decision to follow Jesus?
What does that mean to you?

How has Jesus personally revealed His love for you?

How will you practically love Him in return?

What was YOUR takeaway from John chapter twelve?

JOHN CHAPTER ELEVEN: GIVE HIM YOUR TEARS

When was the last time you cried? What was going on in your heart or life?

What does it mean to grieve with hope? What could it mean for you moving forward?

Stand before the tomb, say honestly what is in your heart, and see Jesus there weeping with you. Share your prayer experience with a friend. What did you talk about? What did it mean to you?

What was YOUR takeaway from John chapter eleven?

JOHN CHAPTER TEN: TELL ME THE TRUTH

Who do you trust and why?

Do you relate to having trust issues with God? Why or why not?

In order to learn the Voice of the Good Shepherd, we need to stay faithful to prayer and the Sacraments, get formed in the Word, spiritual reading, and the Catechism, and have faith. Which area will you focus on?

What was YOUR takeaway from John chapter ten?

JOHN CHAPTER NINE: CAN YOU SEE?

What was one of the most beautiful sights you've ever seen? Have you ever been captivated by something or someone?

What "stuff" in your life is God using to allow you to see Who He is and invite Him in?

How has your relationship with Jesus changed as your eyes have been opened throughout your faith journey?

What was YOUR takeaway from John chapter nine?

JOHN CHAPTER EIGHT: MAKING SPACE FOR GOD

Where or to whom do you turn when you need answers? Whose voice matters most?

Is there a situation or relationship that you've been avoiding sharing with the Lord? What's keeping you from sharing your heart with Him?

What territory does Jesus need to reclaim in your heart or mind? What is keeping you from hearing His voice and doing His will? Take that sin or obstacle to Confession.

What was YOUR takeaway from John chapter eight?

JOHN CHAPTER SEVEN: THIRSTY? WHY WAIT?

Have you ever been really thirsty physically? How about spiritually? What was that like?

Sometimes our thirst can be misdirected. What or who in your life brings you that Living Water? What leaves you more dehydrated than before?

Jesus is the fulfillment of all prophecy and our desires. What desires can you share with Him and with us that you're longing to see fulfilled?

What was YOUR takeaway from John chapter seven?

JOHN CHAPTER SIX: EAT AND BELIEVE

What are your earliest memories of faith or God? Share them with a friend. What was true, good, and beautiful about that simple childlike experience of prayer?

What are you hungering for? Where are you taking that search for happiness?

When have you encountered Jesus in the Blessed Sacrament? Do you believe that He is truly present Body, Blood, Soul, and Divinity in the Eucharist? Why or why not (yet)?

What was YOUR takeaway from John chapter six?

JOHN CHAPTER FIVE: TALK TO HIM

Have you been frustrated with God or feeling like something is still unfinished? Tell Him - and a friend.

Faith isn't a formula, but do you find yourself trying to find one that will make life work? What's working? What isn't?

God is faithful and His graces and plan for your life are unfolding. How would believing that help you live in peace and with hope?

What was YOUR takeaway from John chapter five?

JOHN CHAPTER FOUR: HE IS WAITING FOR YOU

How hard or easy is it to believe that you are important to Jesus? Why or why not?

Where do you derive your worth and value from? How might that be different from how Jesus defines you?

Where do you sense Jesus is waiting for you? In the Sacraments, in your daily duties, in prayer, or in someone or something else?

What was YOUR takeaway from John chapter four?

JOHN CHAPTER THREE: JESUS IS TELLING THE TRUTH

How is your habit of reading Scripture daily? What works? What needs adjusting to make the habit more effective?

What lie feels true based on your feelings or experience? What evidence do you find yourself pulling up to prove your point? Talk to Jesus about it now.

What do you need to believe as true from God's Word - about you or your life, His character or nature, or your Catholic faith?

What was YOUR takeaway from John chapter three?

JOHN CHAPTER TWO: YOU HAVE A MOM

Describe your relationship with your mother. What was wonderful or what you wish would've been different?

Describe your relationship with Mary, our Mother. What would you like it to be?

How do you feel Jesus is inviting you to meet His Mother? What appeals to your heart?

What was YOUR takeaway from John chapter two?

JOHN CHAPTER ONE: COME + SEE

Jesus is asking us to look at Him again by remaining with Him for one chapter/week, reading it every day of the week. What's new when you look at Him in this way?

What words or lessons or encouragement do you find the Lord is consistently giving? Revisit and share them now.

What does "come and see" mean to you? What do you hear Jesus inviting you into?

What was YOUR takeaway from John chapter one?

LET'S READ THE GOSPEL OF JOHN

Have you experienced the joy and peace of studying God's Word? Do you notice when that time is missing?

What would it look like to apply God's Word to your life? Is there a situation, behavior, or aspect of your life that you know might need to change?

How will you make space to read John chapter one everyday this week? Moving forward?

Who will you invite to read the Gospel of John with you?

READY FOR A CHANGE?

It's easy to get discouraged when we don't see others or our circumstances changing. But how would you answer the question, "How am I changing?"

How do you spend your leisure time? Does it build you up and give you rest, or does it drain and distract you?

How is your tongue control? In what ways might the Lord be calling you to change the way you speak?

What is the Lord asking of you this Lent? What fast can you offer as a sacrifice for another?

YOU ARE LOVED.

Think back on an experience of loving connection in Eucharistic Adoration. What happened and how did it strengthen your relationship with Jesus?

“God is love and I am loved.” How does that truth sit with you?

When you are discouraged, how can you come back to Love? How can you move in the opposite spirit?

What storm is keeping you from focusing on and trusting in Jesus? Call upon Him now and ask Him to save you.

YOU'VE GOT A FRIEND IN ME

Who makes you feel alive and awake? What friend brings out the joy of the Lord in you?

Do you want more in your friendships? What's lacking that you're longing for?

Who is already a part of your larger community that could use some investment or tending?

How or who might God be calling you to pursue in friendship so you can experience more of His power and purpose in your life?

IT IS GOOD THAT YOU EXIST.

Do you relate to feeling overlooked or insecure? When or in what area of your life do you struggle with feeling second best?

What line or verse from Psalm 139:13-16 struck a chord with you and why?

Ask for the grace of a greater yes to your own existence. How can you say yes to your own goodness?

Which true thing would you like the Lord to reveal or deepen for you: It is good that you exist? Who you are is good? Your body is good? Your life is good?

WHERE TO NEXT?

What have you been praying about? Do you believe He is going to take care of it? Why or why not?

What truth about God do you need to be constantly reminded of?

What about today's Scripture verse (Psalm 139:3) or teaching spoke to you?

Imagine yourself in the arms of Jesus being carried across the river. What is He asking you to surrender so that He can take care of it and you?

WHAT'S GOD SAYING IN 2022??

Have you ever asked God for a word, Saint, or verse for the year? Have you seen any connections from year to year?

God is with you, He loves you, and He wants to bless you. Which of those truths do you most need to hear and believe right now and why?

As you pay attention to your life, what word and which Saint has been coming up? Is there something or someone the Lord has been trying to give to you for this new year?

Is there a Scripture (verse, chapter, or Gospel account) has meant something to you in the past or early in your journey with Christ? Revisit it now. What does it mean to you now? How might God deepen your love and understanding of this Scripture this year?

HIS HEART IS YOURS

When have you personally experienced the love and mercy of Jesus? What happened and how did it affect you?

How will you make room in your heart and schedule this Advent?

What's going on in prayer? How is your relationship with Jesus?

Do you believe that Jesus' heart is for you? If not, what's holding you back from believing in His love for you?

THIS IS A WORD.

Have you been struggling or suffering lately? What's going on? Share your heart with Jesus and your group.

What stuck out to you from today's Scripture (James 1:2-4). What do you think the Lord is telling you through it?

Where do you need to keep saying yes and keep showing up? Be specific.

What brought you hope in today's Teachable Tuesday? And why?

YOUR NOTHING-NESS MEETS HIS EVERYTHING-NESS

Where have you been focusing your attention? Who or what has been occupying your thoughts?

What has been the fruit of your thoughts?

Instead of looking to ourselves or at others, how can looking at Jesus instead change our perspective and daily life?

Have you committed to a weekly Holy Hour praying in Eucharistic Adoration? If so, what have been the fruits? If not, what's holding you back?

MAD AT GOD? TRY THIS.

Have you ever been mad at God? What did you do with your anger or disappointment?

Why do you think sharing your big feelings with God increases your intimacy with Him and actually strengthens the relationship?

Read the story of Hannah in 1 Samuel 1. What strikes you?

When you consider the pattern of Hannah's prayer (present, pour out, go in peace), where are you in the process today? Where do you need to start or pick up?

I CHOOSE YOU

What stuck out to you in today's Teachable Tuesday?
What is your "one thing"?

Have you experienced being chosen? What did that feel like? What did it mean to you?

Conversely, when have you experienced not being chosen? Share that heartache with Jesus and a friend.

Why does it matter that we are chosen by God? How would your prayer and life change if you embraced this biblical truth?

GOOD THINGS ARE COMING

When has something not gone your way, but ended up being a blessing?

Do you believe like the Psalmist that you “will see the goodness of the Lord in the land of the living”? What keeps you from believing in His goodness?

Have you ever memorized Scripture intentionally? If so, what was it? Or what verse would you like to commit to heart?

What are you waiting for? What have you been hoping for? Share that desire with a friend and tell God in prayer.

TO KNOW OR NOT TO KNOW

Is there something you've been preoccupied with figuring out or understanding? What has been preoccupying your thoughts and prayer lately?

Read the story of Saul in 1 Samuel 28. How do you relate to Saul's pursuit of knowing at all costs?

Read, reread and memorize Proverbs 3:5-6. What part of the verse captures your heart the most?

How have you come to know the heart of God through prayer? What do you desire of your relationship with God through prayer?

YOU ARE NOT A FIXER UPPER

When have you experienced being received by another in conversation? What was that like? What did it mean to you?

Can you relate to having a “fixer upper” mindset in prayer? What problem, situation, or relationship do you desire for the Lord to fix?

Are you weary? Carrying heavy burdens? Tell the Lord about it now. Relate your heart rather than ask questions or seek solutions.

Reread Matthew 11:28. How will you come to Him today?

MULTI-TASKING IS NOT A VIRTUE

Can you relate to rushing, pushing, and maximizing every moment? Where are you feeling stressed or stretched thin?

How does the prospect of spending ten minutes in your “garden” with Jesus sound? Pay attention to the movements and desires of your soul.

Which of these three tips for slowing down and relating to Jesus attracts you and why: take ten minutes, go outside, do nothing?

When and how will you take up the invitation to live your life with Jesus through daily rest?

LISTEN CLOSE

Do you believe that the Lord is actively pursuing and speaking to you in the ordinary events of your everyday life? Why or why not?

When have you experienced God's voice differently than you might have expected? Prayerfully consider how God is already speaking to you in ways that you may not have seen or understood.

What is your sword? Is there an image, Scripture, song, or something else that comes up regularly?

Ask the Holy Spirit to help you become aware of a signal grace. What new signal grace will you start noticing and giving God the credit?

LET'S MAKE HISTORY

When have you experienced being in God's hand?

Think back on your history with the Lord. Had there been a word, image, Scripture, or grace from the past that he might be inviting you to revisit?

How will you deepen your relationship with God prayer today to keep building on your history with Him?

Ask the Lord to give you the grace to make a commitment to daily prayer. Five minutes? Fifteen? Share that with a friend and ask for accountability!

DO YOURSELF A FAVOR AND FORGIVE

When have you been encouraged or challenged by a friend? What made it so impactful?

Is there a situation or relationship where you've been hurt that you can't seem to get over? Can you recognize your own need to forgive?

With all gentleness, ask the Holy Spirit to reveal anyone you have hurt. Who is He asking you to pray for? Ask Him to forgive you.

Forgiveness is not a one time deal. How will you make forgiveness a part of your daily/weekly prayer practice?

WHAT'S KEEPING YOU APART?

Is there something you've been avoiding in prayer or not allowing the Lord into?

What is holding you back from sharing that pain or shame with the Lord?

Who can you entrust this intention to? Who can offer you the prayer, encouragement, and accountability you need?

Do you desire everyday intimacy with the Lord? What would that look like?

WHO ARE YOU LISTENING TO?

Thought check! What have you been thinking about?

Now examine your thoughts. Who's voice have you been listening to: the world, your flesh, the devil, or the Lord?

Jesus says that we can hear His voice (John 10:27). What characterizes Jesus' voice? What kind of fruit does it bear in your soul/life?

How will you tune into God's voice this week? Reading Scripture, looking for God's blessing and thanking Him, going to Eucharistic Adoration, or something else?

GET TO CONFESSION

As you were listening to the talk, what came up in your heart and mind? Did a sin, relationship, or something else come to your attention? Show it to the Lord and ask Him what He is inviting you to do.

Walk through the vineyard of your life with the Father, the Vine-grower. Where is the good fruit?

When was the last time you received the Sacrament of Confession? How does the Father use the Sacrament to prune us and make us more vigorous?

Have you been trying to prune and grow on your own? How can you invite the Father into those efforts?

GOD LOVES YOU (AND EVERYONE ELSE)

God loves YOU. What prevents you from receiving His love? How can you receive that truth more deeply today?

Are you thirsting for love? Tell Jesus about it. Share your desires with a friend.

God loves EVERYONE. Who in your life needs to hear that?

How will you share the Good News with someone this week?

NO MORE EXCUSES

How have you seen the slow, steady work of God in your own life?

What's prayer like? Are you feeling connected to God or is He quiet in prayer? What does that bring up for you? Share your feelings with the Lord or a friend.

What excuses are hindering you from making prayer a priority? What are some creative solutions to those problems?

What fruit do you want to experience more of? How will you make time for prayer to bear more of the fruit of the Spirit in your life?

IT'S TIME TO PRUNE SOME THINGS

What's been sapping your energy lately?

Did the Lord bring anything to mind in that time of prayer? What sin will you bring to your next Confession?

Are you aware of any attachments that might be sapping energy away from the good fruit the Lord wants to produce?

Walk through the vineyard of your life with the Father, the Vine-Grower. Ask Him to show you the fruit of your life. What is bearing good fruit in this season?

THIRSTY?

What's the best meal you've ever had? What made it so special and satisfying?

How is prayer going? How are you currently praying?

Consider these steps for getting into prayer: drink deeply of the Father's love and presence, calm your mind, invite the Holy Spirit, ask for a grace. How might starting to pray in this way help you to pray more deeply?

What are you thirsting for? Tell Jesus what you desire.

FALLING IN LOVE WITH JESUS

Step back and examine your priorities. What's at the top? How does your life reflect that priority?

Reread Matthew 6:33 in your own Bible. How is the Lord inviting you to seek first the Kingdom?

If you want to know Jesus, read the Gospels. Is there a particular Gospel that has taught you something about Who Jesus is or what He's like? Share it with a friend.

Jesus wants to love you. How will you unveil your heart honestly and vulnerably in prayer? What can you share with Him today?

BUT NOW

In what ways are you longing for a “but now”? What was one way before that you want to see shift either within you or in your circumstances?

Everything has changed because of the Resurrection. How has your life changed because Jesus is alive?

How have you encountered the Holy Spirit? How would you like to experience more of his power and presence in your life?

The Holy Spirit always comes. Call upon Him now and ask Him to make you new, now.

SLOOOOW DOWN

What's your pace like moving through the day? Can you relate to rushing through your life?

Are you able to rest easily? What prevents you from unplugging and taking a break?

What does rest look like for you? Talk to the Lord about what brings you peace.

How might the Lord be inviting you to recline and rest this week? Think practically.

FEELING STUCK?

Which characteristic of Jesus as the Good Shepherd resonates with you most?

What verse (or line) of the Psalm speaks to you?
Why?

What stirs in you as you read this Psalm? Pay attention to the movements of your heart.

What verse, line, or image will you pray with when you spend time with Jesus this week?

THE RUMORS ARE TRUE

Did you grow up understanding the Church's teaching on Jesus really present in the Eucharist? Who taught you?

Think back on a meaningful reception of Holy Communion, or a special time in Eucharistic Adoration. What happened and what did that encounter mean to you? Share it with a friend.

Have you ever struggled with believing in the Real Presence? What helped you?

Jesus wants to reveal His love to you in the Blessed Sacrament. How will you deepen your devotion to Him this week?

THE THREE B'S OF GIVING THANKS

Do you relate more to Lent, Holy Week, or Easter right now? Why?

What basics can you thank God for? Get detailed!

What blessings will you thank God for? What has God done for you? How has He shown up?

What bonus (fun or unusual) ways has God provided for you? Be creative!

AND THE SOLUTION IS JESUS

Remember the spiritual warfare prayer? “Spirit of _____, in the name of Jesus, I command you to depart.” Is there some sin or spirit you would like to break from? Pray this prayer in the authority of Jesus.

Open your Bible and reread Isaiah 46:1-4. What one promise or image touched your heart from today’s Scripture and why?

How do you need God’s help right now? Tell Him about that situation or relationship.

How will you accept the Church’s help? Confession, sacramentals, the Rosary, St. Michael prayer, or something else?

WHAT SHOULD I DO FOR LENT?

When have you experienced a fruitful Lent? How did you grow in your relationship with God during that season?

What desires rose up in your heart as Beth shared about the oranges? Tell Jesus about your desires or doubts.

Which of the three steps do you want to develop: ask and keep asking, watch and wait, or tell a friend?

Stop and pray. How is the Lord inviting you to grow in this season?

DOES GOD CARE ABOUT ME?

Have you ever felt disappointed in prayer? What happened?

When have you seen God's faithfulness, even if it wasn't on your timeline?

Nothing about your life escapes God's attention. Does this feel true? Relate your heart to the Lord.

What do you typically do with disappointment? How can you begin to process your desires or disappointments more regularly to God.

PRAYER > CONSUMING

How is your level of consuming, both in terms of time and intensity?

In Mark 7, the Lord is often at work in private. How has he revealed Himself to you in prayer or quiet in the past? What was that like?

Are you longing for transformation, deliverance, and healing? Tell Jesus what you need.

Spend time with Jesus in Mark 7. What's your takeaway?

DO YOURSELF A FAVOR AND FORGIVE

How are forgiveness and joy connected? Have you experienced forgiveness bringing about joy? Or conversely, have you ever felt a lack of peace because you weren't able to forgive? How did you come back to peace?

Forgiveness doesn't mean brushing it under the rug or pretending like it didn't hurt. What does it mean to you to hear the Lord acknowledge your pain?

How has the Lord forgiven you? Think back on a time when you received the Lord's mercy? How can you extend that same loving kindness to others, especially those who have hurt you?

Is there a person that came to mind as you listened to today's Teachable Tuesday? Allow the Holy Spirit to reveal if there are any relationships or situations where He might be asking you to forgive?

WANNA TALK ABOUT IT?

Have you ever been mad at God, or felt too sad and hopeless to talk to Him? How did you move through it?

Could you identify with avoiding something in prayer? Where are you experiencing resistance in prayer right now? Tell Jesus about it.

“God never ceases to draw man to Himself.” (CCC27)
When and how have you experienced the pursuit of God in your own life?

How will you schedule prayer and commit to spend time with the Lord, no matter your feelings?

SCRIPTURE IS LIKE AN ONION

Do you have a favorite Gospel passage? What's one Gospel account that gets richer and more meaningful for you every time you read it?

Which of these three practical tips will you try in your daily Scripture time this week: invite a friend to read with you, read a shorter section of Scripture, read for one takeaway?

What was your one takeaway from Mark 1:35-39. Share it with a friend!

When was the last time you searched for God in prayer and found Him? What was that like?

WANT TO HEAR GOD'S VOICE?

How is prayer going? What practices help you to feel connected to God in prayer?

Do you have a favorite Scripture? Even if you don't know the chapter or verse, can you think of a story you love? Why does that Scripture resonate with you?

Read Isaiah 55:10-11. How does this Scripture change the way you think about reading the Bible?

Which of these three steps do you need to focus on when approaching the Word: confidence that God is with you, sincere desire for conversion, or resolve to put into practice what you've read?

DEFINE THE RELATIONSHIP

How would you describe your relationship with Jesus? What would you like it to be like?

Ask Jesus what He would say about your relationship?

Do you remember a time (maybe the first?) when you made a decision to follow Jesus? What was that like?

How can you follow Jesus more fully today? Be specific.

FROM INTERVIEW TO INTIMACY

What is your typical posture in prayer: questions or conversation?

Take a few minutes to pray with Genesis 18: 1-15. What sticks out to you and why? Pay attention to the movements of your heart.

Which of the three steps in this Biblical formula for relating is most difficult for you and why: running to the Lord, setting it all out before Him, listening and responding to God in prayer?

What do you need to talk to God about? Spend some time sharing your heart with the Lord, rather than asking him for answers.

PRAY THE ROSARY!

What is your relationship with Mary like? What would you like it to be?

Have you ever had a moving experience of praying the Rosary? What happened? Go back to that Mystery or moment and allow the Lord to deepen the graces.

Which set of mysteries are you most drawn to and why? Choose one Mystery to meditate on and look it up in the Gospel.

Is there a special intention you're holding in your heart? Share it with a friend, and share it with Mary, too. Then pray the Rosary together.

NOVENA? NO PROBLEM!

Have you ever been consoled by the prayers of a particular Saint? Who was it and what happened? Recall this grace and share it with a friend.

Is there a Saint you would like to get to know? What is your connection to this Saint?

The Lord promises to send help and consolation in the Person of the Holy Spirit. Where do you need the Holy Spirit to come right now?

Do you share a name with one of the Saints? Who is your Confirmation Saint? Explore the connections you already have with these heavenly friends and choose one Novena to pray - starting today!

THE VIEW FROM UP HERE

Why do you think Jesus has to heal the blind man twice? How do you see yourself in the blind man?

When have you seen a glimpse of what God is doing, but not the whole picture? What happened?

How do you exercise your faith in the middle place, when you can't yet see what God is going to do?

God wants you to depend on Him. Think of one practical way or situation that you can begin to reject self-reliance. What would that look like?

YOU'RE INVITED

What do you love about Mass? Now go a little deeper:
What does it mean to you?

Which of these Catechism quotes do you find most
encouraging or convicting (1324, 1326 or 1327)?

Has there been a time you've felt distant from Jesus
or His Church? What was that like? What brought you
home?

Do you desire to love Jesus in the Eucharist more?
What practical steps can you take to increase your
devotion?

HE'S CHEERING YOU ON

Who or what are you allowing to define you? Your failures, others' words, your own opinion of yourself, or something else?

What does the Lord say about you? What has He said in prayer? What does He say in the Word? (Do some reading if you don't already know!)

The Lord says you are known, consecrated (set apart) and appointed. Which one of these do you need to hear regularly and believe more deeply?

What if nothing was on the line when it comes to your worth? What would change for you?

HE WORKS IN YOUR WEAKNESS

Can you think of a time when you came face to face with your weakness? What was that like?

Talk to Jesus about your weakness. What does He say?

How will you keep your eyes on Jesus when you're discouraged?

You are so good. Does that feel true? If not, what prevents you from receiving God's love and approval?

LONELY? NOT ANYMORE!

Do you have a patron or Confirmation Saint? How did you meet?

What objections have you heard about Saints? What do the Church and Scripture say in answer to those common misconceptions? (Not sure? Check out the Catechism!)

Need some comfort? Is there an ongoing struggle or difficulty in your life that needs ongoing intercession? Which Saint can support you?

How will you adopt a new heavenly friend? Search by hobby, birthday, or patronage, pray a novena, text HOLY to (520) 201-8737.

WHEN YOU FEEL LIKE A FAILURE

Have you ever felt the sting of failure or rejection? Tell Jesus what happened and how it made you feel.

Reread John 15:16. What does this verse mean to you?

When in your life have you felt chosen? What was that like?

What lies have been accusing you lately? Bring them to the Father and “tattle tale” on the devil. Ask the Father to tell you the truth about who you are.

YOU NEED JESUS

Prayer = relationship. Describe your relationship with the Lord.

What is your prayer life like today? What's going well?

How do you like to pray? What's worked in the past?

What habit will you stack to incorporate more prayer into your everyday life?

THE ENEMY IS THE ENEMY

What have you been struggling with? Share your heart with a friend.

Have you been fighting the wrong enemy? How might the enemy be causing frustration, discouragement, or division in your life?

How will you fortify your spiritual defenses: pray a daily Saint Michael the Archangel prayer, read Scripture everyday, pray the Rosary to ask for Mary's intercession?

Your body is good. If that's hard to believe that truth, tell Jesus about your pain or insecurities.

JESUS IS YOUR PERSON

Do you relate to the desire for “a person”? What are you longing for in that friendship?

What is your favorite way to spend time with a friend? How can you do that with Jesus?

When and how can you share more of your heart and daily life with Jesus? How will you build a friendship with Him?

What feeling/memory came up in prayer? How did Jesus respond to you?

WHAT'S THE FRUIT

Have you ever believed a lie instead of the truth? How did you discover and accept the truth instead?

How do you bear good fruit in the world?

What fruit of the spirit do you want to cultivate in your life? (Galatians 5:22-23)

What bad fruit needs to be pruned? Consider your thoughts, words and actions, as well as your schedule and relationships. Ask the Holy Spirit to help you.

FEELING BURNT OUT?

Are you feeling burnt out? In what ways are you overcommitted and/or overwhelmed?

What burdens are you bearing that aren't yours to shoulder? Tell Jesus and a friend about it.

Where do you need the Holy Spirit to come and help?
Be specific.

How can you abide in Jesus today? Make a commitment to spend time with Him today.

A LONE YOUNG SHEPHERD

A lone young shepherd lived in pain
Withdrawn from pleasure and contentment,
His thoughts fixed on a shepherd-girl
His heart an open wound with love.

He weeps, but not from the wound of love,
There is no pain in such affliction,
Even though the heart is pierced;
He weeps in knowing he'd been forgotten.

That one thought: his shining One
Has forgotten him, is such great pain
That he bows to brutal handling
In a foreign land,
His heart an open wound with love.

The shepherd says: I pity the One
Who draws herself back from my Love,
And does not seek the joy of my Presence,
Though my heart is an open wound
With love for her.

After a long time he climbed a tree,
And spread his shining arms,
And hung by them, and died,
His heart an open wound with love.

QUESTIONS FOR DISCUSSION

Spend some time praying with St. John of the Cross's poem, "A Lone Young Shepherd." What stanza or phrase stands out to you? Settle with that phrase before the Holy Spirit and let Him speak to your heart.

Liz spoke about the radical changes that Jesus brought about, particularly for women, through His adopting human nature. Was there one in particular that really struck you? Why?

Liz quoted the line from Douglas Steere: "To 'listen' another's soul into a condition of disclosure and discovery may be almost the greatest service that any human being ever performs for another". Who in your life "listens" you? Whom do you "listen?" Spend some time today consciously practicing the work of "listening" another soul.

WORRIED & DISTRACTED?

Have you been worried or distracted lately? Tell Jesus what's on your mind.

Does your prayer tend to involve a lot of doing? What would it be like if you spent more time "being" in prayer?

When you sit and listen in prayer, what does Jesus say?

WHAT'S THE FRUIT

Have you ever believed a lie instead of the truth? How did you discover and accept the truth instead?

How do you bear good fruit in the world?

Liz quoted the line from Douglas Steere: "To 'listen' another's soul into a condition of disclosure and discovery may be almost the greatest service that any human being ever performs for another". Who in your life "listens" you? Whom do you "listen?" Spend some time today consciously practicing the work of "listening" another soul.