

## **Session Four**

### **THE SEVEN PILLARS OF CATHOLIC SPIRITUALITY**

**Reading:** Part Three, Chapters Twelve through Fourteen

#### **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 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?

## **Closing Prayer:**

### THE DYNAMIC CATHOLIC PRAYER

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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.