

Session Three

THE AUTHENTIC LIFE

Reading: Part Two, Chapters Six through Eleven

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. 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?

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.