Session Four

SOULFUL LIVING
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WELCOME (30 minutes)
• Refreshments and/or food served
• Light-hearted and social atmosphere

PROCLAIM (5 minutes)
• Host leads opening prayer

Let us begin with a very slow and intentional signing of the cross.

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

Lord, on this Lenten journey, give me the courage and commitment to walk the steps of the Calvary Road with You. As You say to the lepers and the sinful woman, “Your sins are forgiven” may I, too, welcome Your loving mercy, drenching my soul with healing. When the stories of my life feel too great for my human heart, may I hear Your words, “have faith. I am with you always.” As the apostles responded to Your call to “come and follow me” help me find the courage to leave that which holds me back – fear, anger, doubt, pride. Sear into my soul the conviction of the blind man who cried out “Lord, that I may see” and help me to embrace a vision of life that brings civility and true justice. As You say to the apostles “this bread is my Body, take and eat. Do this in memory of me” may I celebrate the Bread of Life in Your Eucharist, and allow it to satisfy the hungers of my soul. So, dear Lord, on this Lenten journey, please guide me as I navigate the rocky ground that blocks me from hearing Your Word, so that I may “yield thirty, sixty and a hundred fold” in kindness and good works.

Amen. ©jfb

Watch the video (10 minutes 08 seconds)
DISCUSS (40 minutes)

• What are you looking for from life itself? What really nourishes you or energizes you? What dreams and hopes do you have for yourself?

• Do you believe that God is both creator and re-creator? That he takes your life and is continually creating something new and colorful and energetic out of what is given to you, even if it is tragic, traumatic, painful, or a difficult time in your life? Think of some place in your life right now where you need to invite God to create something new? Share about it.

• How do you live so that when you come to die there will be no regrets?

• How can you honor all aspects of your being, especially as nourishment for your soul? (i.e. Enjoying nature, establishing warm and meaningful relationships, aesthetics of color, living with a deep sense of gratitude, artistic expression, nutritious food and drink, and vibrant prayer life)

CLOSING PRAYER (5 minutes)

• Read the following prayer with your group for closing prayer.

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

Gracious God, in the busy-ness of my day, I sometimes forget to stop to thank you for all that is good in my life. My blessings are many and my heart is filled with gratefulness for the gift of living, for the ability to love and be loved, for the opportunity to see the everyday wonders of creation, for sleep and water, for a mind that thinks and a body that feels.

I thank you, too, for those things in my life that are less than I would hope them to be. Things that seem challenging, unfair, or difficult. When my heart feels stretched and empty, and pools of tears form in my weary eyes, still I rejoice that you are as near to me as my next breath and that in the midst of turbulence, I am growing and learning. In the silence of my soul, I thank you most of all for your unconditional and eternal love.

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.