

# The Faith-Filled Catholic Women's Bible Study Program

## A Leader's Guide for Group Discussion

Holiness  
Song: "*Blessed*"  
CD 1, Track 8

Insert H-1 through H-4  
Composer: *Susan J. Paul*  
Faith-Filled Catholic Women's Bible Music CD

### Materials Needed

Faith-Filled Catholic Women's Bible and Music CD, CD player, Participant's Worksheet, Catechism of the Catholic Church.

### Setting the Stage

Before this session, mail (or e-mail) any member of the group that may not have been present at the last session the Participant's Worksheet for this session. Also, send a reminder of the date and time of the session as well as directions to the meeting place (if different from the church). To enhance an atmosphere of **Holiness**, have the song "*Blessed*" from the Faith-Filled Catholic Women's Bible Music CD playing in the background when the participants arrive.

### Warm Up - Optional (15 minutes)

Ask the participants to take a few minutes to think about one person that they would consider "holy." This could be a famous person or someone as inconspicuous as the woman sitting next to them. It might be a family member or someone who lives far away. This person might be alive today or they might be a person from the past. The challenge for each participant is that, when they are ready, they must introduce the subject they chose to the rest of the group as "a holy person." This will involve explaining why each participant feels their subject qualifies, what it is about them that sets them apart, etc. After the introductions, segue into the opening discussion.

### Opening Discussion (15 minutes)

Ask the participants to discuss their answers to the following questions: What does it mean to be holy? How does one live a "holy life?" Is holiness something you consciously strive for, or do you think holiness is reserved for the saints?

### Spiritual Awakening - Opening Prayer

Have the participants read together the **Prayer** at the top of insert page H-2.

### **Spiritual Awakening - Recognizing (5 minutes)**

Ask for volunteers to read aloud each of the Scripture passages in the **Recognizing** section of **Spiritual Awakening** on insert page H-2. Remind the participants that each reader will pause for a few seconds of silence after each passage to allow anyone to offer any spontaneous thought, prayer, praise or thanksgiving that this Scripture might inspire. After the final Scripture is read, ask the group, "What else do these Scriptures teach us about **Holiness**?" Share and discuss any responses.

### **Spiritual Awakening - Reflecting (15 minutes)**

Read the Catechism of the Catholic Church, Paragraph 2015. Then, ask a volunteer to read **2 Timothy 4:1-18 (Page 322 NT)**. Ask each participant to share her answers to the following questions: What are some obstacles to holiness for you? What plan or tactic should you employ to avoid or rid your life of these obstacles?

### **Group Prayer (10 minutes)**

**Leader:** Begging the intercession of St. Therese of Lisieux - The Little Flower, let us offer our petitions to her in the words of the St. Therese Prayer from the **Profile in Faith** article on the bottom of insert page H-3. May God hear our intentions through her and may we be blessed because of it with the flowers of his grace. Ask the participants to say together the prayer at the bottom of page H-3 adding their personal intentions in the appropriate place near the end of the prayer.

### **Closing Prayer (15 minutes)**

Ask the participants to read aloud the **Faith in Action** article "Are You at the Center?" on insert page H-4. Then, in silent reflection, listen to the song "Magnificat" on CD 1, Track 1 of the Faith-Filled Catholic Women's Bible Music CD. **Leader:** As you listen to the words of this song, reflect on where your life is centered today. Ask God to confirm your resolve to put Him more at the center of your life and not just on the edge. Pray for an increased devotion to the Blessed Mother to teach you, in her example, how to put Christ at the center. After the song is finished, ask the participants to all pray the "Hail Mary" together.

### **Fellowship (15 minutes)**

After the session is completed and while refreshments are served, play softly in the background: "*Blessed*" from the Faith-Filled Catholic Women's Bible Music CD.

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