

The Faith-Filled Catholic Women's Bible Study Program

A Leader's Guide for Group Discussion

Humility
Song: "I Say Yes, Lord/Digo Si, Señor"
CD 1, Track 10

Insert J-1 through J-4
Composer: Donna Peña
Faith-Filled Catholic Women's Bible Music CD

Materials Needed

Faith-Filled Catholic Women's Bible and Music CD, CD player, Participant's Worksheet, Large Bowl of Water, Pitcher and Towels.

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 **Humility**, have the song "I Say Yes, Lord/Digo Si, Señor" from the Faith-Filled Catholic Women's Bible Music CD playing in the background when the participants arrive.

Warm Up – Optional (15 Minutes)

Decide ahead of time if the group will do this exercise associated with either Advent or Lent (but not both).

Leader: In the beautiful story of Christ's life, the Blessed Virgin Mary gives us the perfect example of the role humility plays in accepting God's will in our lives. Throughout His life and especially in His passion, death and resurrection, Jesus showed us the ultimate example. The seasons of Advent and Lent give us the perfect opportunity to reflect on the importance of humility in a Christian life. As a warm-up today, beginning with the letter A, I will ask the person on my right to give me a word associated with either Advent or Lent that begins with that letter A. Then, passing to the person on her right, they must give a word associated with Advent or Lent that begins with the letter B. We will proceed to the right through the alphabet. When someone cannot come up with a satisfactory answer (as judged by the group) she is eliminated and her turn passes to the next person on her right. If we get to the end of the alphabet we start at A again until only one person remains. Ask for one participant to keep a record of the words used.

Opening Discussion (15 minutes)

Ask for a volunteer to read the **Plan and Purpose** article on insert page J-1. After some silent reflection, discuss the following questions as a group: What is humility? Is humility praised in our society? Give some examples. Do you ever feel under pressure to keep your relationship with God a secret? Give an example of how we can demonstrate that we believe God is the source of everything in our lives?

Spiritual Awakening - Opening Prayer

Have the participants pray together the **Prayer** at the top of insert page J-2.

Spiritual Awakening - Recognizing (10 minutes)

Ask for volunteers to read aloud each of the Scripture passages in the **Recognizing** section of **Spiritual Awakening** on insert page J-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 **Humility**?" Share and discuss any responses.

Spiritual Awakening - Reflecting (20 minutes)

Read as a group **Mark 9:33-37 (Page 86 NT)**. After a pause, have each participant share with the group one time in her life when the Lord taught her a lesson in humility. Discuss as a group the phenomenon of "needing to be first" in our society. Where does this come from? What role does the virtue of humility have in combating this temptation? Discuss how "keeping up with the Joneses" can be prideful. Invite the participants to share about a time when they took credit for a success that was truly God's success through them.

Group Prayer (5 minutes)

Leader: Asking the intercession of St. Rita who prayerfully bore a painful mark of faith in humble service to the Lord, let us offer our intentions as we pray the Prayer to St. Rita at the bottom of insert page J-3. **Remind the participants that they will be entering their individual intentions one at a time at the appropriate spot in the prayer.**

Closing Prayer (5 minutes)

Have the participants read in silence the article "It Isn't About Me" on insert page J-4. As soon as all are finished, end with this "*Prayer of Vocations.*"

God our Father, in Baptism You called us by name and made us members of Your people, the Church. We praise You for Your goodness, we thank You for Your gifts. Father, bless Your Church with love. Raise up dedicated and generous leaders from our families and from our friends who will serve as sisters, priests and brothers. Send Your Spirit to guide and strengthen those You are calling to serve Your people, following the example of Your Son, Jesus Christ, in whose name we offer this prayer. Amen.

Fellowship (15 minutes)

After the session is completed and while refreshments are served, play softly in the background the song, "*I Say Yes, Lord/Digo Si, Señor*" from the Faith-Filled Catholic Women's Bible Music CD.

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