

The Faith-Filled Catholic Women's Bible Study Program

A Leader's Guide for Group Discussion

Theme: Triumph

Song: "*My Soul, Triumphant in the Lord*"
CD 2, Track 9

Insert: T-1 through T-4

Arranger: Alice Parker
Faith-Filled Catholic Women's Bible Music CD

Materials Needed

Faith-Filled Catholic Women's Bible and Music CD, CD player, Participant's Worksheet, Crucifix, Incense.

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 **Triumph**, have the song "*My Soul, Triumphant in the Lord*" from the Faith-Filled Catholic Women's Bible Music CD playing in the background when the participants arrive.

Warm Up – Optional (10 minutes)

Have the participants take a few minutes to think about their answers to the following questions: Other than Christ, who would you say accomplished the greatest feat or won the biggest triumph in human history? Who is someone you admire or look up to as a "winner?" These people can be from any generation, any walk of life or any discipline. Ask each participant to share her answers with the group and her reasons for choosing these people.

Opening Discussion (15 minutes)

Ask the participants: Have you ever won a race? If so, what were the circumstances? Have you ever received a trophy or an award for something you did or participated in? If so, explain. Have you ever won a contest or something unexpectedly? Following this discussion, read the **Plan and Purpose** article on insert page T-1. Discuss the answers to the following questions: As a Christian, where does your triumph come from? How is our pursuit of triumph in Christ enhanced as Catholics?

Spiritual Awakening - Opening Prayer

Pray together the **Prayer** at the top of insert page T-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 T-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.

Spiritual Awakening - Reflecting (15 minutes)

Read **1 Corinthians 15:50-58 (Page 257 NT)**. Then, ask the participants to share their answers to these questions: Why is this Scripture uplifting? What do you believe heaven is going to be like? If our bodies will be made whole in heaven, what will we look like there? How old will we be? What about our loved ones? Discuss in general the participant's visions of what heaven will be like.

Faith in Action - (20 minutes)

Read the **Faith in Action** article "Little Triumphs" on insert page T-4. Ask the participants to identify what they think are the "little triumphs" in their lives? Then ask them to consider this statement: **"If the final triumph of reaching heaven could be broken down into a series of "little triumphs" that must be gained along your journey of faith, what would some of these be for you?"** Have the group take 5 minutes for each participant to record her thoughts to this question on the back of the Participant's Worksheet. Ask the group to share their answers. Then, ask any participant to share a story from her experience about someone they knew who has used a positive attitude and a strong faith to overcome seemingly insurmountable obstacles in their life.

Group Prayer

Leader: *Dearest Jesus, with hope in our hearts that we too will triumph over sin and death through an eternal reward in heaven, we humbly ask You to hear and answer these special prayers, praises and petitions: **enter aloud all individual intentions.** Give us the strength to triumph in faith through a life dedicated to You. Amen.*

Closing Prayer (10 minutes)

Place a crucifix in a prominent place in the room. As a group, spend time in quiet contemplation before the crucifix focused on the Triumph of the Cross. Burn some incense and play the song, "Sanctum nomen" (CD 1, Track 3 from the Faith-Filled Catholic Women's Bible Music CD) softly in the background to create a prayerful atmosphere. Then, after a few minutes of silence once the song finishes, say together the following prayer:

***Behold, O kind and gentle Jesus, I kneel before you and pray
that you would impress upon my heart the virtues of faith, hope,
and charity, with true repentance for my sins and a firm purpose of amendment.
At the same time, with sorrow I meditate on your five precious wounds
having in mind the words which David spoke in prophecy:
"They have pierced my hands and my feet I can count all my bones." (Psalm 22:17)***

Fellowship (15 minutes)

After the session is completed and while refreshments are served, play softly in the background: "My Soul, Triumphant in the Lord" Or "Sanctum nomen" from the Faith-Filled Catholic Women's Bible Music CD.

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