



Refresher Meeting for Existing Groups - (Intro Summary)

General Meeting Note:

Since this is possibly the first meeting after a break take ample time to “catch up” or utilize a game or something to simply build comradery and friendship. It is important to set a tone, an environment of comfort and ease.

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: Luke 24: 13-35 (note: The Emmaus Reading is used for this session rather than the Sunday Gospel)

After the Reading Conclude with this prayer:

Heavenly Father, You are always at work. You are always moving and leading, guiding and calling. Give us the grace and strength to see You at work in our lives. Help us to slow down, to listen to Your voice through others and to form authentic relationships built on vulnerability, grace, and prayer. Amen.

Small Group Questions:

1. Do you find it interesting that in the Emmaus Story the disciples travelled not as individuals but together? What do you think are the benefits of traveling this way in regards to our faith?

YouTube Video: OLS YouTube Channel – ESG Intro Summary (7.43 min) - <https://youtu.be/sTxD4M88Ogs>

Small Group Questions:

2. As Mike said this video is a summary of the first four initial intro videos. Did this video help you recall when we first began? Can you recall your feelings/thoughts when we first started this group? What were you thinking then?
3. Considering the past year(s), how well do you think we have implemented some of the key concepts Mike references in this video? Are there areas we could improve?
4. As we look to begin this next year do you have any specific hopes for our group or even for yourself personally?
5. In the video Mike mentions a few of the bullet points found in the Group Covenant. Let’s take a moment to review them (**Leader Note: please pull out and read each point on the Group Covenant**). What do you all think? Does this seem fair/reasonable? Any questions? Do you think there is something we should add?
6. **Leader Note: Take time to discuss any logistical details so as to bring clarity and set yourself up for continued success as a group. (i.e. communication tools and frequency, meeting dates, times and locations, maybe briefly review the roles of Leader, Asst. Leader, Host and why they are important).**

Session Challenge: {Choose one or all}

- Pray each day for the yearlong success of your ESG and for each of its members by name.
- Look up and read the Gospel reading for the upcoming Sunday. After reflecting on this reading ask the Lord in prayer how He wants you to live as a better disciple. Write down any thoughts that arise from this time in prayer. Keep these to review at the end of the ESG year.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions. refer to your prayer guide for additional ideas and suggestions.)

Jesus, may we encounter YOU again and again as we meet throughout this year. May our ESG meetings be a time of needed rest, clarity, and re-orienting our lives to truly follow You. Amen.



Week Leading up to 9.27.20: Belief tied to Action.

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: MT 21:28-32

After the Reading Conclude with this prayer:

Heavenly Father, give me the grace and strength to put Your words and ideas into action. May my belief and faith in You drive my daily actions and worldview. May I see as you see, hear as you hear, act as you desire and love as you love. Amen.

Reflection Question from the Gospel Story:

1. What does this Gospel story mean to you?

YouTube Video: Bishop Barron on Why What You Believe Matters (9:23) - <https://youtu.be/carFbpDsRPI>

Reflection or Discussion Questions:

1. Did anything Bishop Barron say in this video stand out or resonate with you?
2. Bishop Barron describes how actions begin from ideas/beliefs and therefore what you believe deeply matters for right action to take place. Had you considered this before?
3. Do you believe there is a wedge in our society between theological doctrine based beliefs and actions? Do you have any examples to share?
4. Can you think of an example when your Christian/Catholic belief concretely drove your action even when it went against your comfort? Please share.
5. After listening to this video do you think/feel it's important to know the dogmas of the Church? Do you think/feel that having a set of doctrines make it easier or harder to make decisions to guide your actions? Why or why not?
6. Bishop Barron shared how Love is a participation in God's way of being. How would you go about defining love if there is no God?

Session Challenges: {Choose one or all}

- Read over the infallible teachings of the Catholic Church (Dogmas): <http://www.catholicapologetics.info/thechurch/councils/summary.htm>
- Pick one of the infallible teachings from the list above and discuss with someone before your next meeting.
- Ask another person what makes them believe what they do about any topic of your choice.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Dear Heavenly Father, we thank You for Your Church. Increase our belief, faith and understanding of You and Your Church. We know that our understanding of what love is comes from You. Continue to shower us with Your grace so we can respond to Your love by living according to Your plan. Amen

{Optional additional Readings}

Sunday Reading1: EZ 18:25-28 Sunday Reading 2: PHIL 2:1-11 or 2:1-5



Week Leading up to 10.4.20: Can Suffering Have Purpose?

(Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.)

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: MT 21:33-43

After the Reading Conclude with this prayer:

Dear Jesus, We turn to You today in great gratitude for Your sacrificial love. Help us to lean on You rather than turn from You in our suffering. Holy Spirit, we ask for You to strengthen us for our fight against evil and shower us with Your gifts that we may live virtuous lives. Amen.

Reflection or Discussion Question:

1. Do you think it's unfair or cruel that God allows the servants and Son of the vineyard landowner to be killed?

YouTube Video: Why God Allows Us to Go Through Hard Times – Fr. Mark Mary (7:05)

<https://www.youtube.com/watch?v=V7hFqTEa5D4&feature=youtu.be>

Reflection or Discussion Questions:

2. Do you find it difficult to know when to coddle others vs console them?
3. What do you think the world would look like if God coddled us? Would you be a different person? Do you think/feel you could truly love?
4. Fr. Mark Mary explains how God doesn't treat us below our dignity. What does dignity mean to you?
5. Fr. Mark Mary explains that to comfort means to give strength. Have you ever thought of comforting as "giving strength" before?
6. Fr. Mark Mary explains that God gives us His own strength through the Holy Spirit and through the Holy Spirit He enters and participates in our difficulty. Have you ever felt God's comfort in this way? How so?
7. Have you ever felt called to live heroically as a result of suffering? Did it change you in any way?

Session Challenges: {Choose one or all}

- Just as Jesus willingly suffered for us by giving His life, perform one sacrificial act daily for someone else.
- If you know someone is suffering right now, reach out to them and simply offer comfort through a listening ear.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Dear Loving Father, we humbly thank You for loving us so dearly that You call us into a higher understanding of our dignity. Only You can fully understand what we really need and the full meaning of suffering. Help us to always remember that You desire to comfort us and that we can turn to You for Your strength. Holy Spirit, we especially turn to You today. Please shower us with Your gifts and, most especially, Your strength. Open our hearts in great vulnerability as we take a moment to ponder our brokenness and pain. (pause) Let us now take a moment to share out loud our personal intentions for ourselves and others in our lives that may be suffering. (pause) Dear Loving Father, we lift all of these intentions and those left unsaid to You. We desire for You to walk with us more closely through our pain and burdens. We ask to be surrounded by Your healing power and never let us forget Your Love for us. In Your Name. Amen

{Optional additional Readings}

Sunday Reading 1: IS 5:1-7 Sunday Reading 2: PHIL 4:6-9



Week Leading up to 10.11.20: Worthiness and Humility

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: MT 22:1-14

After the Reading Conclude with this prayer:

Dear God, help me to understand how much You truly love me. I know I can do nothing to earn Your love; You simply are Love. I am humbly grateful for Your Love. Thank You, in Jesus name. Amen.

Reflection or Discussion Question:

1. In the Gospel reading we hear that there were those that were invited to the feast but they were not worthy to come. Why do you think they weren't worthy to attend? *{Hint: Were they lacking humility?}*

YouTube Video: Do We Deserve God's Love? – Fr. Mike Schmitz (6:29) <https://youtu.be/4j-P5E9kZkI>

Reflection or Discussion Questions:

2. Do you struggle with feeling worthy?
3. Do you think we get confused between our worthiness with each other and our worthiness to God? How so?
4. In relation to worthiness to God do you feel humility is needed? Why would we need humility with each other?
5. What does intrinsic dignity mean to you? Why do you think this is important? *{Hint: Refer to information from the USCCB for additional insight: <http://www.usccb.org/beliefs-and-teachings/what-we-believe/catholic-social-teaching/life-and-dignity-of-the-human-person.cfm>}*
6. Fr. Schmitz indicates that there is an inestimable inequality between us and God. Knowing this, can we ever love as God loves? Should we strive to?

Session Challenges: {Choose one or all}

- Bearing our sins to God requires humility. Go to confession and bear your heart to God beforehand in preparation to receive His forgiving Grace.
- Say this Jesus prayer throughout the week and reflect on your worthiness in relation to God. *“Lord Jesus Christ, Son of the Living God, have mercy on me, a sinner.”*

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

God the Father, Jesus the Son, and the Holy Spirit, we acknowledge that we are truly unworthy of Your love. There is nothing that we can do to be worthy of Your love, Your sacrifice for us, or the gifts You bestow on us. You love us unconditionally. We thank You from the bottom of our hearts for Your love, for without it we are nothing. It is only through You that we can strive to love others as they should be loved. Stoke the fire of Your love in us that we may know it and choose it! Amen.

{Optional additional Readings}

Sunday Reading 1: IS 25:6-10A Sunday Reading 2: PHIL 4:12-14,19-20



Week Leading up to 10.18.20: What Belongs to God?

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: MT 22:15-21

After the Reading Conclude with this prayer:

Dear Loving Father, we live in such a confusing world. Help us to identify what truly belongs to You and help us to refocus our lives to Your will. It is a daily struggle to turn from ourselves and devote fully to You. We beg You for Your Mercy when we fail and ask for the gift of Your Supernatural Grace to help us walk the path that brings us to eternal happiness with You. Amen.

Reflection or Discussion Question:

1. Why do you think Jesus said “then repay to Caesar what belongs to Caesar and to God what belongs to God” in the Gospel reading? Is there anything that does not belong to God?

YouTube Video: Giving Everything to God – Brother Malachy and Father Mark-Mary (8:17)

<https://youtu.be/TePeRACa4Kk>

Reflection or Discussion Questions:

2. What does “leave everything on the field” mean to you in relation to your everyday life?
3. Do you think going “all in” for Christ is a gamble? Why or Why not? If not, then what holds you back?
4. Is there a particular saint or person that has inspired you to give Yourself entirely to God? What about the person did you find inspiring?
5. Do you agree with Brother Malachy that holding nothing back and giving everything is a joy? Why or why not?
6. Has there ever been a time in your life when you experienced joy through holding nothing back and giving everything?

Session Challenges: {Choose one or all}

- Spend time in prayer and ask the Holy Spirit to identify where you are not giving everything to God in your life. Ask for clarity on what is holding you back and what the Lord wishes you to do about it. Develop one tiny action to help you move towards giving yourself more fully to God in this area.
- As everything belongs to God, look through your belongings and make a donation to others that may have a greater need.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Holy Spirit, ignite in us a great desire to Go “all in” for You! Help us to identify areas in our lives that we hold back from giving ourselves fully to You. Lead us, guide us and protect us against evil and temptations that pull us away from devoting ourselves completely to You. In Jesus Christ's name, Amen.

{Optional additional Readings}

Sunday Reading 1: IS 45:1, 4-6 Sunday Reading 2: 1 THES 1:1-5B



Week Leading up to 10.25.20: What Does Loving God Mean?

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: MT 22:34-40

After the Reading Conclude with this prayer:

Dear Heavenly Father. You invite us into a relationship with such great gentleness and love. Infuse us with Your love so that we may love our neighbor as You love us. We ask this in Your name. Amen.

Reflection or Discussion Question:

1. God tells us to love Him first and to love others as He loves us. What does loving God mean to you? What does loving your neighbor mean to you? Do you find loving God and your neighbor to be easy or hard?

YouTube Video: Mastering Love and Relationships – Fr. Mike Schmitz (7:17)

<https://www.youtube.com/watch?v=szHvT1krYfQ&feature=youtu.be>

Reflection or Discussion Questions:

2. Have you ever experienced going into fight or flight mode?
3. Do you have trouble trusting others? If so, why do you think this is?
4. Do you find it easy or difficult to give others “eyeball time”? How about someone difficult to get along with?
5. Do you feel you trust God completely? At all times? Why or Why not?
6. Do you find it easy to give God your complete and focused attention? What are some things you already do or can do to focus attentively on God?
7. Have you ever tried to regain trust with God? Another individual? How did that go?

Session Challenges: {Choose one or all}

- Actively practice listening this week to others in your life. Be sure to look them in the eye and identify their eye color. Take time to really listen and learn something new about the people you talk to. If the person is difficult to get along with, all the better.
- Practice spending time in silence. Empty your mind of all distractions and ask God what He wants to share with you.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Dear Jesus, we turn to You for Your example of patience and love. Help us to remember how You love us and that we are called to love everyone, even those difficult people in our lives, with patience and love like Yours. Allow our hearts to look past any judgements we may have placed on people and look at others through Your eyes. Help us to always remember that You are the creator of everything and everyone. In Your Name, Jesus Christ. Amen.

{Optional additional Readings}

Sunday Reading 1: EX 22:20-26 Sunday Reading 2: 1 THES 1:5C-10



Week Leading up to 11.1.20: Beatitudes - Focus on Meekness

***(Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.)**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: MT 5:1-12A

After the Reading Conclude with this prayer:

Dear Jesus, today You have shared with us a picture of who You are through the Beatitudes. We hear You speaking to us one on one by offering us guidance on how to live our lives so that we can conform to You. Help us to understand, submit, follow, and share this knowledge so that one day we may be in heaven with You. Amen.

Reflection or Discussion Questions:

1. Do you find the Beatitudes easy or hard to understand? Why? *{Blessed are those that...are poor in spirit, mourn, are meek, hunger and thirst for righteousness, are merciful, are peacemakers, are persecuted for the sake of righteousness, are insulted and persecuted.}*
2. What does meekness mean to you?

YouTube Video: "The Beatitudes" with Fr. John Riccardo (12:43) <https://youtu.be/G6FIzqKE8kM>

Reflection or Discussion Questions:

3. Do you relate to certain Beatitudes versus others? If so, which ones? Do you agree with Fr. Riccardo that we need to strive to live out all of the Beatitudes?
4. Fr. Riccardo defines meekness as "strength under control" or to "harness". Does his definition change the way you view meekness? What are ways we can grow in meekness?
5. Do you agree with Fr. Riccardo that our (meaning Catholics/Christians) discourse with each other doesn't sound human especially on social media? What can we do to become better at engaging others in a truly Christian way?
6. Do you ever struggle with knowing when to speak with conviction or when to harness and stay silent?
7. Do you have any suggestions to help become more aware of speaking in truth and charity and when it's best to stay silent?

Session Challenges: {Choose one or all}

- Read MT 5:1-12A and reflect on the Beatitudes each morning. Before reading the Scripture passage, ask the Holy Spirit to grow in you an authentic desire to live the Beatitudes, especially meekness.
- Pay attention to the thoughts you have about others. Do they bring peace and calm or anger and confusion? Make an effort to rephrase these thoughts in your head by looking through the lens of meekness and love.
- Become very aware of the language you speak. How often are the words you speak lacking meekness? Make an effort to speak less and listen more.

Closing Prayer: *Dear Jesus, You have given us a roadmap on how to be like You through the Beatitudes. We pray that you take the reins in our lives. Make us meek. We wish to fully submit to You and become like You. Please continue to be patient with us as we are like little children; we stumble and fall when learning to walk. Help us to understand them and how they can be better implemented into our daily lives. Allow us to especially consider our thoughts and words when we think about and speak of others. Guide us to focus on speaking out of sincere love; not to please others, but authentic love that brings Your peace and joy to us and others. Amen.*

{Optional additional Readings}

Sunday Reading 1: RV 7:2-4, 9-14 Sunday Reading 2: 1 JN 3:1-3



Week Leading up to 11.8.20: Be Prepared

**{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}*

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: MT 25:1-13

After the Reading Conclude with this prayer:

Dear Jesus, We wish to know You and to enter the wedding feast. Help to open our eyes to the areas in our lives that we can improve so that we are properly prepared to joyously reside in Heaven with You for eternity. In Your name. Amen.

Reflection or Discussion Question:

1. Why would a loving God not allow some to enter heaven? Does God block our entry or do we?

YouTube Video: The Great Surprise: Jesus' Second Coming with Fr. Mike Schmitz (5:54)

<https://www.youtube.com/watch?v=OzRiezrSKIA&feature=youtu.be>

Reflection or Discussion Questions:

2. Do you like to surprise others? Do you like surprises?
3. What makes the difference between a good surprise or a bad surprise?
4. Do you live like Jesus is with you every day? At all times?
5. What are some things that you would like to implement in your life to better prepare for a joyful surprise when you die?
6. Do you think you are a source of encouragement to others? What are ways you could improve at being a source of encouragement to others?

Session Challenges: {Choose one or all}

- Make an effort to say encouraging words to one person each day.
- Commit and do one thing consistently during the next month that will better prepare you to join Jesus in heaven.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Dear Loving Father, You so long for us to join You in heaven. Help us to understand how to become more like Your son, Jesus. We desire to be loved and to love others authentically. Transform our hearts to turn to You continually so that we may hold loving thoughts in our minds. Place on our hearts encouraging words so that we may voice our love to others and build Your kingdom. Open the door to Your heart and pour out Your grace upon us that we may be Your hands and feet in our broken world. We ask this in great humility. In Jesus Christ's Name. Amen.

{Optional additional Readings}

Sunday Reading 1: WIS 6:12-16 Sunday Reading 2: 1 THES 4:13-18



Week Leading up to 11.15.20: Talents and Bearing Fruit

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: MT 25:14-30

After the Reading Conclude with this prayer:

Dear Jesus, You have given us so much. May we share what we've been given with sincere hearts and expect nothing in return. Allow love and mercy to blossom in our lives. In Your Holy Name. Amen.

Reflection or Discussion Question:

1. Why do you think the master was so unhappy with the servant for burying the talent he was given?

YouTube Video: Bishop Barron on The Parable of Talents (7:49)

https://www.youtube.com/watch?v=bXC_qB8xfYQ&feature=youtu.be

Reflection or Discussion Questions:

2. Bishop Barron talks about "Spiritual Physics" (when a gift is given away it grows, but when it is held it dies). Does this make sense to you?
3. Bishop Barron explains that talents should be understood as the gift of Divine Mercy and love we've been given by God. These gifts are meant to be given away for the sake of the other. Have you experienced mercy or love growing in you when you gave love or mercy away?
4. Do you struggle with holding onto the gifts God has given you versus sharing them?
5. Why wouldn't we freely give our love or mercy to others? Any thoughts on ways to overcome this?
6. Every skill, talent, monetary item, relationship, support structure, faith you have has been given to you by the love of God the Father. What can you possibly offer Him in return?
7. Do you have any additional thoughts or ideas on ways to share love and mercy with others in your life?

Session Challenges: {Choose one or all}

- Take time in prayer to thank God for all you have been given.
- Have a discussion about this parable with one other person during the week (or before our next meeting).
- Let one person know how much they do for you and what they mean to you.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Dear God, Your mercy is unending and Your love abounding. May we be ever grateful for the blessings You have bestowed upon us. Forgive us for all the times we have hidden, buried, or not shared our talents with others. Increase in us a great desire of generosity to share all of the gifts You have given us. We now praise Your Name and honor You simply for who You are. Let's take a moment of silence (or pray out loud if your group is comfortable) and simply praise God for all He has done for us. {pause} We praise Your Name and thank You for all the gifts You have given us, but most especially for the gift of our faith, for it is through our faith that we come to know You. Continue to build in us a desire to become like You in all ways. In Jesus' Name, Amen.

{Optional additional Readings}

Sunday Reading 1: PRV 31:10-13, 19-20, 30-31 Sunday Reading 2: 1 THES 5:1-6



Week Leading up to 11.22.20: Heaven and Hell

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: MT 25:31-46

After the Reading Conclude with this prayer:

Dear Jesus, it is our greatest desire to be in heaven with You. Allow us to look past the desires of the flesh and our own comfort. May our relationship with You build in us a genuine desire to serve one another in sacrificial love. We thank You in great gratitude for Your redeeming grace. Amen.

Reflection or Discussion Question:

1. What is your perspective on Heaven and Hell? Why do you believe this?

YouTube Video: Bishop Barron on Whether Hell is Crowded or Empty (9:24) <https://youtu.be/dmsa0sg4Od4>

Reflection or Discussion Questions:

2. Did you find anything interesting or striking about the different perspectives regarding salvation from the historical theologians Bishop Barron talked about in the video?
3. Hans Urs von Balthasar's view of salvation was "we may reasonably hope that all people will be saved" because of Jesus' death and resurrection. Do you agree with his view of salvation? Why or why not?
4. Do you think/feel hell is a place or a condition/state of being? Why?
 5. At death, do you think how we lived our lives will play a part in our entry into heaven? Why or why not?
 6. C.S. Lewis stated "the door to Hell is always locked from the inside". What does this mean to you? Could some people accidentally lock the door or do they choose to do it? Why would anyone choose this?
7. What does being ready to die mean to you? What steps are you taking to prepare?

Session Challenges: {Choose one or all}

- Go to confession this week with a desire to draw closer to Jesus through forgiveness and healing.
- Say the "Our Father" each day and ponder on the first 6 words in the prayer.
- Read CCC 1033-1060.
- When you go to Communion this week, remember these words from Jesus, "whoever eats my Body and drinks my Blood will have eternal life and I will raise him up on the last day" (Bread of Life Discourse-Jn. 6)

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Dear God, place on our hearts a holy fear of hell. We understand that genuine joy we experience on earth is but a glimpse of the joy of heaven. May we never take our eyes off of spending eternity with You. Jesus, we call on Your continued protection from the evil that prowls about in this world. Holy Spirit, stir in us awareness and generosity, so that we recognize the needs of our neighbor. Most of all, transform us into Your loving disciples filled with eagerness and fortitude to share Your Good News with those in our lives. Amen.

{Optional additional Readings}

Sunday Reading 1: EZ 34:11-12, 15-17 Sunday Reading 2: 1 COR 15:20-26, 28

{Additional Helpful Information}

<http://www.integratedcatholiclife.org/2018/09/deacon-bickerstaff-the-four-last-things-heaven-and-hell/>