



Week Leading up to 2.7.21: Jesus Heals and Helps Us Up

***{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: Mk 1:29-39

After the Reading Conclude with this prayer:

Dear Lord, You desire to hold our hands and help us up from the darkness of sin. Inspire a real desire in us to create a well-formed conscious so that we may recognize those times we fail You and others. Shine light in those areas of our lives that need healing and give us the courage to confess our sinfulness to You. Amen.

Reflection or Discussion Question:

1. According to this reading what is the purpose Jesus came for?

YouTube Video: Shame Vs. Guilt – Their Meanings and How You can Heal – Fr. Schmitz (5:36)

https://www.youtube.com/watch?v=CLTE_7NVIjY&feature=youtu.be

Reflection or Discussion Questions:

2. Do you think there is a perception that Catholics hold on to guilt? Why or why not?
3. Fr. Schmitz makes a distinction between guilt and shame. Do you think/feel it is important to understand the difference?
4. Fr. Schmitz indicated that at times we can have guilt due to an internal false standard of an objective. Have you ever felt guilty about something that you did not need to feel guilty about?
5. Do you think/feel that telling the truth can really release our guilt?
6. Shame is linked to our relationship with God and/or each other. Have you ever carried shame and had someone ease it or you eased someone else's shame?
7. Do you have any thoughts or ideas on what God calls us to do to help people that are feeling guilt/shame?

Session Challenges: {Choose one or all}

- Say this prayer daily.
Dear Lord, past mistakes and shortcomings can paralyze me in a sea of shame and guilt. Sometimes I feel like I cannot change. I ask for forgiveness for the times I don't forgive myself and ask that You give me the courage to confess my sins quickly. Jesus, give me the strength to do what seems impossible and to know how precious I am to You. Help me to remember Your promise of mercy and Your desire to grasp my hand and lift me up from the crashing waves. Bathe me in Your love and allow me to see myself through Your eyes. Amen.
- If you know of someone in your life that is holding onto guilt or shame, reach out to them and let them know how loved they are and that healing is possible.
- Take time to reflect on areas in your life that have guilt or shame tied to them. If you are Catholic, bring these areas to the Lord for healing in Reconciliation. If you are not Catholic, consider contacting a priest at OLS to discuss these areas of guilt in shame in your life and ask for healing from them.

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

Dear Jesus, help us to recognize our brokenness and need for healing. May we always turn to You in prayer. May we willingly repent and confess our sinfulness and turn to You as our true healer. Amen

{Optional additional Readings} Sunday Reading 1: Jb 7:1-4, 6-7 Sunday Reading 2: 1 Cor 9:16-19, 22-23