



## Week Leading up to 2.14.21: Calling out to Christ for Healing from our Woundedness

**\*{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 1:40-45**

After the Reading Conclude with this prayer:

*Dear Lord, we come to You today in need of healing. We are wounded and sinful. Heal us from turning inward and away from You. Like the leper, we cry out to You for healing. May we allow You to touch our wounds through honest and humble prayer. Like the leper, we appreciate Your desire to touch us in our sinfulness and heal us through the sacrament of reconciliation. In sincere gratitude and in Your loving name, Jesus. Amen*

### **Reflection or Discussion Question:**

1. In the gospel we hear, "A leper came to Jesus and kneeling down begged him and said, "If you wish, you can make me clean." What strikes you about this verse?

**\*Leader Note:** Please share with your group prior to sharing the video: In this video, Fr. Mike speaks about how family can bring the worst out in us and how we can grow from that. He is not talking about toxic families or indicating that we turn to unloving, manipulative people for greater insight to improve ourselves.

**YouTube Video:** Family brings out the worst in you (so God can heal it) Fr. Mike Schmitz (9:09)

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

### **Reflection or Discussion Questions:**

2. What do you think/feel about the concept that real holiness or sinfulness is most evident with those we are closest to?
3. Do you find you are very selective of those you surround yourself with? What is good about this? What is not so good about this?
4. Do you have people in your life that challenge you or can be really honest with you? Or do you tend to distance yourself from these people?
5. Have you ever tried to hide a sin from yourself or others?
6. What do you think/feel about Fr. Schmitz's comment concerning God won't necessarily take away our sin when we surrender it to Him but He will do something with it?
7. Have you ever experienced turning to God and surrendering a specific sin to God? What happened?

### **Session Challenges:** {Choose one or all}

- Jesus understands all wounds and wishes to hold you tenderly. Take time to ponder and pray about the wounds/sins you've been struggling with. Ask Him to bring about a pathway for healing and consider going to reconciliation.
- As Fr. Schmitz recommends – submit and become vulnerable by asking someone close to you, "What is one area you need me to grow in or improve upon?"
- As we enter Lent determine your Lenten sacrifices and how you wish to show your gratitude and love to God: through sacrifice, prayer, and the giving of money and/or time to others. Make an effort to attend Mass on Ash Wednesday.

**Closing Prayer:** (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.) *Let's take some time together tonight to contemplate how Jesus desires to heal us. In the name of the Father, Son and Holy Spirit, we ask the Holy Spirit to take from our hearts what cannot be expressed in words to You at this time. First, let's take a moment in silence to contemplate our sinfulness or woundedness – ...{wait 30-60 sec} We surrender the pain, hurt and resentment that we have from these things to You, dear Jesus. Let's now take a moment to imagine Jesus reaching His hand out to us with a great desire to help us through our suffering. {pause} Jesus, Your willingness to touch us in our sinfulness offers us great comfort...{wait 30-60 sec}. Dear Jesus, we humbly thank You for loving us so tenderly. May we turn to You throughout Lent in genuine love to connect to Your suffering, to help serve others and to share with You what is on our hearts. May we always look to You in gratitude and great wonder! Amen.*

**{Optional additional Readings}** Sunday Reading 1: Lv 13:1-2, 44-46 Sunday Reading 2: 1 Cor 10:31—11:1