



1st Discipleship Series - Session 2: Padre Pio's Secret to Holiness

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

Begin with a brief moment of silence by shaking off any and all distractions or difficulties of the day and remembering that God is always with us. Let us join in listening to God's living Word from Luke. Pay particular attention to how obedience is a virtue when connected with humility.

Read: [Luke 15:11-32](#)

After the Reading Conclude with this prayer:

Dear Father, as we are called to be Your disciples, help us to be aware of the holiness already in our lives and how we can live more holy lives both now and in the future. Amen.

Reflection or Discussion Questions:

1. What characteristic(s) do you think of when talking about holiness or a holy person? What do you think of when you hear someone, or something is holy?
2. Do you believe holiness is attainable for you? Do you think it is easy or hard to be holy? Why?

YouTube Video: Fr. Mike Schmitz – Padre Pio's Secret to Holiness (4:01 Min) -

https://www.youtube.com/watch?v=Xq_y1D72-Sk&vl=en

Reflection or Discussion Questions:

3. Did listening to this video change your understanding of holiness? Do you think it's attainable for you?
4. In our reading from Luke, is the dutiful son practicing the virtues of obedience and humility? Why or why not? How about the prodigal son?
5. Can you share some ways you can grow in holiness or the virtues of humility and obedience?
6. Is there a difference between extraordinary spiritual gifts given to us from God (like those given to Padre Pio) and virtues like obedience and humility? Explain...
7. The saints that Fr. Schmitz mentioned are well known. They are great examples to us on how we can live our lives as Christians. Everyone in heaven is a saint. Do you think those in heaven that haven't been officially declared a saint by the Catholic Church are less holy than the saints we know? Does the fact that there are saints who aren't as well known as others change how you view whether or not holiness is something you can achieve?

Session Challenge: {Choose one or both}

- Holiness is made up of little holy moments. Examine where in your life you need to become more obedient, humble, or holy. Take one active step to become more holy this week and build on it over the next month.
- Read the following sections of the Catechism of the Catholic Church that refer to obedience and holiness: [144](#), [2013](#), [2015](#).

Closing Prayer:

Dear Lord, We thank You for giving us the time to learn about Padre Pio and how to draw more closely to You in Holiness. Trusting in Your power and love for us, Lord, we humbly ask You to accept our petitions.

(Insert any personal needs that may have come to light this week.) Pause...*We offer all these intentions and those we hold in the silence of our heart to You. As we live our daily lives, help us to take Your call to Holiness seriously. Shower us with Your grace to open our hearts and lovingly submit to Your will. May our thoughts and actions be transformed to reflect You always. Help us, especially, to focus on pleasing and loving You and to become the Holy Saints You know we can be. Amen.*

Discipleship Series 1 - Session 2: Continued...

Additional Helpful Information:

Simple Definition of **Holiness**: Holiness is the habit of seeking to conform all our thoughts and actions to God's ways.

The Catechism of the Catholic Church:

Obedience: "The duty of obedience requires all to give due honor to authority and to treat those who are charged to exercise it with respect, and, insofar as it is deserved, with gratitude and good-will." (1900)

Glossary of The Catechism of the Catholic Church:

Humility: The virtue by which a Christian acknowledges that God is the author of all good. Humility avoids inordinate ambition or pride and provides the foundation for turning to God in prayer (2559). Voluntary humility can be described as "poverty of spirit" (2546).

More detail on 4 ways to grow in Holiness can be found in this article:

<https://focusoncampus.org/content/4-ways-to-grow-in-holiness-from-st-therese>

4 Ways to become more Holy from St. Therese of Lisieux

1. Continue to focus on being better each day – continually trying to be a saint.
2. Practice Loving those that are disagreeable.
3. Keep Praying
4. Focus on Loving God, not your failures. Trust that God will make you a saint if you take one small step forward every day.