



Week Leading up to 3.13.22: Entering the Cloud

***{Start with reviewing the previous meeting's 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. Shake off any and all distractions or difficulties of the day and remember that God is always with us.

Read: **Lk 9:28b-36**

After the Reading Conclude with this prayer:

Dear Jesus, just as You were transformed, You call us also to transform our lives. Help us to set up the tents in our lives to remain ever present with You and to become more like You in this messy world – a light shining forth with a brightness that overcomes the darkness. Amen.

Reflection or Discussion Question:

1. We hear in this reading today that Peter, John, and James went into the cloud with Jesus and were frightened. Would you enter the cloud? How do you think you would respond?

YouTube Video: Raise Your Expectations: How Saints Live Differently with Fr. Mark-Mary (7:42 min)

https://www.youtube.com/watch?v=qOpLT_rVtpQ

Reflection or Discussion Questions:

2. Fr. Mark-Mary discusses the struggle with living in this world versus raising our expectations of how to live like Christ. What are some examples of being conformed to this world? Do you think/feel they are always easy to recognize?
3. What are some examples of measuring your life according to how others are doing? Do you think/feel this is good or bad to do?
4. Do you have a favorite saint? What is it that you love about this saint? If you don't currently have a favorite saint, is there one you would like to learn more about?
5. What are your personal expectations of how to live like Christ?
6. Can you think of other ways, in addition to studying the saints, that would help you to reform or raise your expectations of how to live like Christ?
7. Can you think of one thing that you need to do to remove a piece of tape that is currently holding you down?

Session Challenges: {Choose one or both}

- Do this examine at the end of each day this week: What things did I do that kept me focused on earthly pleasures? What did I do to live like Christ today? What will I do better tomorrow?
- Research a saint and create a simple list of characteristics of that saint. From this list select one or two items that resonate with you and write them down somewhere that you can see daily to remind you to focus on them and to live more like Christ.

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

Dear Lord, You call us to be transformed by renewing our minds toward You. Even though we may have fear in removing the tape in our lives that holds us down, our hearts long to be in the cloud with You. Give us the courage and fortitude needed to live like the saints, always keeping our focus on You. Turn our hearts away from the pleasures of this world and grow our desire for eternal joy with You in heaven. Amen.

{Optional additional Readings} Sunday Reading 1: **Gn 15:5-12, 17-18**; Sunday Reading 2: **Phil 3:17—4:1**