



Episode I – Introduction Seven Deadly Sins

***{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: **Philippians 4:8**

After the Reading Conclude with this prayer:

Heavenly Father, You have made us for Yourself and call us to the high demands of authentic love. As we embark on this series, may we further discover how we can love more intensely and discover the areas in our lives where we fail to love as we ought. We ask this all in Jesus' name. Amen.

Video: Seven Deadly Sins, Seven Lively Virtues Video: Episode I - Introduction

Reflection or Discussion Questions:

1. For the next 8 sessions we will utilize this series by Bishop Barron on the Deadly Sins and Virtues. What do you think/feel about this topic?
2. Did anything said in this first video resonate with you or truly strike you? Why?
3. "God does not need you," can sound rather off-putting or even startling. What is your initial reaction to this truth?
4. Bishop Barron mentions that love is defined as, "to will the good of the other as other." This definition can sound strange to the modern ear, when we typically consider love as an emotion or feeling. How does Bishop Barron's definition of love challenge you?
5. "Fear, not hate is the opposite of Love." What do you think of this statement?
6. Bishop Barron defines deadly sins as, "negative attitudes, distortions of the spirit that keep us from being alive." He goes on to say that, "all God wants is our flourishing and that is why God is angry with the deadly sins." Does this change how you view/understand sin?

Session Challenge:

- If you don't already do so; make an examination of conscience each evening before going to bed. Reflecting on the day and any sins committed. In this way, you become more intentionally aware of those sins that you repeat, and which drag you down.

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

Close with 7 Hail Marys' asking our Blessed Mother to intercede for us as we reflect with each deadly sin and lively virtue.

{Optional additional Readings} Catechism of the Catholic Church: 759, 1849-1851, 1866