



## Episode II – Pride and Humility

**\*(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 2:1-11**

After the Reading Conclude with this prayer:

*Heavenly Father, please give us humble hearts and minds. Help us to put off all prideful ways and remember always that YOU are God and we are not. Amen.*

**Video:** Seven Deadly Sins, Seven Lively Virtues Video: Episode II – Pride and Humility

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

1. Did anything said in today's video resonate with you or truly strike you? Why?
2. Bishop Barron describes the sin of Pride as making yourself, your plans and projects, your will and desires god rather than acknowledging God as God. He then calls this "Boring." What do you think/feel about this?
3. Bishop Barron references the psychological aspect of Pride as, "always watching oneself as from outside oneself and negatively self-aware." I am sure we can all appreciate having done this. What has helped you get out of this psychological mindset in the past?
4. Humility is described variously as being "earthy," or living in truth, or being self-forgetful. How and when have you experienced these things? Have you ever known a humble person? What was he or she like?
5. Can you think of a concrete example of how you can purposely take the lower place in your life right now?

### **Session Challenge:**

- Give time to the areas in your life in which you love simple things in the way that children do. (i.e., playing an instrument or game, giving freedom to your imagination, anything that makes you curious like a child)

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

*Lord God as we enter into this study of Virtue and Vice, guide us with your Holy Spirit to be truly more aware of ourselves and the areas in our life You would like to re-mold, heal and bring wholeness. Amen*

**{Optional additional Readings}** Read Matthew 5:3, 2 Corinthians 8:9, Proverbs 16:18-19 and CCC 2546.