



Catholic Social Teaching #1 God the Creator and Care for His Creation

***{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 shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Genesis 1:24-31** and **Romans 1:20-25**

After the reading, conclude with this prayer:

Heavenly Father, You are the creator of all things. May we recognize You in the beauty around us and most especially in one another. Help us to recognize our responsibilities as good stewards and turn away from worshiping the created over You the creator for You are light and truth. You are deserving of all our worship. In Jesus name, Amen.

Reflection or Discussion Question:

1. What do you think/feel these scripture verses tell us about God, creation, and our responsibilities?

YouTube Video: Francis Week #4: Oneness of Creation (2:50 min) - <https://www.youtube.com/watch?v=iq7Cgn9aS6M>

Reflection or Discussion Questions:

1. In the video, Fr. Mike shares that if God's creation is good then its beauty is a reflection of God. He goes on to say that beauty is in the mind of the creator. Have you ever experienced awe and wonder at God's creation? Why do you think this is?
2. St. Francis of Assisi had a great love of nature and God's creation because he was able to recognize how God is reflected through its beauty. Have you ever had an experience with nature that taught you something about God or reinforced your belief in God? What was your experience?
3. The video shares that God has placed us as stewards meant to preserve the integrity of creation and that we have been given a responsibility to use it in wonderful ways to further its goodness. What are some things that you or your family could do to preserve the integrity of creation?
4. How do you think/feel the call to care for God's creation should connect with our concern for the life and dignity of every person now and in future generations?
5. Share some examples of environmental contamination or climate change. How do you think/feel these issues affect the more vulnerable people?
6. What additional lifestyle or economic choices could you make to better care for God's creation?

Session Challenges: {Choose one or both}

- Take time to ponder and praise God for His creation in prayer. Some suggestions would be: 1. Pray the Canticle of Creators by St. Francis of Assisi, 2. go for a walk in the woods, 3. watch the sunset.
- Take one small step to protect nature and reduce waste of natural resources (stop running the water when brushing your teeth, ride a bike to work/class, pick up garbage in your neighborhood, etc).

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

Prayer to Care for Our Common Home text can be found here: <https://www.usccb.org/prayers/prayer-care-our-common-home>



Catholic Social Teaching #2 Life and Dignity of the Human Person

***(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 shaking off any and all distractions or difficulties of the day and remembering that God is always with us. Ask those present to carefully pay attention to each of these readings and how they relate to Life, Dignity and how we are called to live.

Read: **Genesis 1:27** and **Psalms 139:13-16** and **Matthew 22:39** and **Matthew 25:37-40**

After the reading, conclude with this prayer:

Heavenly Father, You have made us IN love and for love. Help us this day to better appreciate the awe-inspiring fact that You made each person with dignity and infinite value in Your image. May we learn to view every person around us through Your loving lens. We ask this through the most sacred heart of Jesus. Amen.

Reflection or Discussion Question:

1. What stood out to you from each of these readings in relation to life and dignity for all? What does it mean to you to be created in God's image?

YouTube Video: CST 101|Life and Dignity of the Human Person (3:27 min) - <https://www.youtube.com/watch?v=ABR12ZSs58E>

Reflection or Discussion Questions:

1. Why do you think/feel human dignity is important?
2. Are there people in your life in whom it is easy to see God's image?
3. In what ways do you struggle with human dignity issues? In what ways have you experienced others or society speak or use people as objects?
4. As people of faith who believe in Christ's life, death, and resurrection, why do we have a special call to ensure that every person's life and dignity is respected?
5. Jesus (through His body the Church) teaches that every person has infinite value but people don't always like to embrace this teaching. Have there been times when you shared Christ's truth about human dignity (i.e. terrorism, war, abortion, violence, euthanasia) in love and it hasn't been accepted well?
6. What are ways that we can promote human life and dignity and make a difference?

Session Challenges: {Choose one or both}

- Do more research on the Church's position on human dignity. Start by reading these sections of the Catechism of the Catholic Church: 356-356 and 2270-2275.
- Pray to have patience with a particular individual that you find difficult to get along with. Make an effort to speak kindly to them and pray for their wellbeing.

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

Prayer for Life and Dignity – Copies can be found at <https://www.usccb.org/prayers/prayer-life-and-dignity>

Eternal God, creator and sustainer of life, bless us with the courage to defend all life from conception to natural death. Bless us with the strength to respect all peoples from east to west, from north to south, so that we may truly follow the call of Jesus to be neighbor. We ask this in the name of Jesus, who lives and reigns with You and the Holy Spirit. Amen

Additional Reading: If you struggle with understanding or explaining the Catholic Church's position on human dignity or abortion, do some additional research. Two recommended sources are: https://www.vatican.va/content/john-paul-ii/en/encyclicals/documents/hf_jp-ii_enc_25031995_evangelium-vitae.html and <https://www.catholicscomehome.org/your-questions/moral-issues/abortion/>

This outline was created with resources taken Catholic Relief Services from <https://www.crs.org/resource-center/CST-101>



Catholic Social Teaching #3 Rights and Responsibilities

***(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 shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Luke 16:19-31**

After the reading, conclude with this prayer: *Loving God, help us do everything we can to build a society where all people are able to exercise their human rights and fulfill their responsibilities. Amen.*

Reflection or Discussion Question:

1. As you reflect on this passage, do you find yourself connecting more with Lazarus or the rich man? Why?

YouTube Video: CST 101|Rights and Responsibilities (3:29 min) - <https://www.youtube.com/watch?v=OPB6sXj6Fwo>

Leader please read these pages after the video: - St. John XXIII, Peace on Earth (Pacem in Terris), no. 11

“We must speak of man's rights. Man has the right to live. He has the right to bodily integrity and to the means necessary for the proper development of life, particularly food, clothing, shelter, medical care, rest, and, finally, the necessary social services. In consequence, he has the right to be looked after in the event of ill health; disability stemming from his work; widowhood; old age; enforced unemployment; or whenever through no fault of his own he is deprived of the means of livelihood.”

And - St. John XXIII, Peace on Earth (Pacem in Terris), no. 30

“In human society one man's natural right gives rise to a corresponding duty in other men; the duty, that is, of recognizing and respecting that right. Every basic human right draws its authoritative force from the natural law, which confers it and attaches to it its respective duty. Hence, to claim one's rights and ignore one's duties, or only half fulfill them, is like building a house with one hand and tearing it down with the other.”

Reflection or Discussion Questions:

1. Why do you think that Catholic Church social teaching indicates that the basic right to life is the foundation that cannot be taken away? Do you agree?
2. Where do you see or hear about rights being violated in your community or around the world?
3. Whose responsibility do you think/feel it is to ensure these rights are protected or fulfilled?
4. Did the video change your thoughts/feelings about your own responsibility to help “shape your own destiny and the destinies of others in ways that reflect the basic dignity that God has given us.”?
5. Have you ever experienced a call to help the needs of others in your community?
6. How might God be inviting you to advocate to protect the rights you feel most passionate about, and to ensure that corresponding duties are fulfilled?

Session Challenges: {Choose one or both}

- Read sections 11-17 and 26-30 of Pacem in Terris
- Pray about how God may be inviting you to get involved or support the basic foundational right to life. After praying about this, take one action step based on how God is leading you.

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

Prayer of the Other text can be found here: <https://www.crs.org/resource-center/prayer-other>

This outline was created with resources taken Catholic Relief Services from <https://www.crs.org/resource-center/CST-101>



Catholic Social Teaching #4 Call to Family, Community and Participation

***{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 shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Luke 4:16-19**

After the reading, conclude with this prayer:

Creator God, help us to join with others as disciples who seek to live the Gospel and transform our communities. We ask this through our Lord Jesus Christ, who lives and reigns with You and the Holy Spirit, one God for ever and ever. Amen.

Reflection or Discussion Question:

1. We hear in the reading this verse "He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free". How does Jesus help the oppressed to go free? How are we called to assist in this mission?

YouTube Video: CST 101|Call to Family, Community and Participation (3:44 min) - <https://www.youtube.com/watch?v=giOgWakrgQs>

After the video, read this passage out loud from no 64 of St. John Paul II, The Family in the Modern World (Familiaris Consortio): "While building up the Church in love, the Christian family places itself at the service of the human person and the world, really bringing about the "human advancement" whose substance was given in summary form in the Synod's Message to families: 'Another task for the family is to form persons in love and also to practice love in all its relationships, so that it does not live closed in on itself, but remains open to the community, moved by a sense of justice and concern for others, as well as by a consciousness of its responsibility towards the whole of society.'"

Reflection or Discussion Questions:

1. The video shares that the family is the first place where we learn how to give of ourselves and how to communicate. Do you have any reflections on what you see in our society as compared to what God's plan is for a family? Did the video change your perspective on the importance of the family unit and how it relates to a society as a whole in any way?
2. The video shares that participation is not just having a voice, but also having the opportunity to offer impact. Do you see this as an important distinction? Why?
3. What are ways in our families and faith communities that we can cultivate a sense of responsibility for building a society in which the dignity of each person is recognized and protected?
4. In your family, neighborhood, school, or faith community, how might you be called to act with others to help shape our local and global communities in God's vision of justice?
5. This video touches on the importance of subsidiarity and how Catholics view it in relationship to helping society. The Catechism defines subsidiarity as the principle that "a community of a higher order should not interfere in the internal life of a community of a lower order, depriving the latter of its functions, but rather should support it in case of need and help to coordinate its activity with the activities of the rest of society, always with a view to the common good." (CCC 1883) What are your thoughts on this subject and how it should relate to decisions made for societies?
6. How does your own participation in one or more communities enable you to contribute toward creating a global community in God's vision of justice?

Session Challenges: {Choose one or both}

- Do some research on the term subsidiarity and its relationship to Catholic teaching. You may find this article helpful: <https://bismarckdiocese.com/news/subsidiarity-a-key-principle-of-catholic-social-teaching>
- Discuss this concept of the importance of the family unit and how it relates to society with another family member.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.) Please download and pray this prayer together: <https://www.usccb.org/prayers/help-us-build-communities-gods-vision-justice>. **Help Us Build Communities in God's Vision of Justice**

Additional Information: Principles of Social Teaching and Compendium of the Social Doctrine of the Church

This outline was created with resources taken Catholic Relief Services from <https://www.crs.org/resource-center/CST-101>



Catholic Social Teaching #5 Solidarity

***{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 shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **1 Corinthians 12:22-26**

After the reading, conclude with this prayer:

Loving God, help us to do everything we can to build a society where all people are able to exercise their human rights and fulfill their responsibilities. Amen.

Reflection or Discussion Question:

1. What resonates with you from this reading? How does this relate to living with one another and faith?
2. Our video will go a bit more into what Solidarity means. How would you define solidarity?

YouTube Video: CST 101|Solidarity (3:55 min) - <https://www.youtube.com/watch?v=cteMjwOBptw>

Reflection or Discussion Questions:

3. How if at all has your view of solidarity changed after watching the video?
4. In the video it talks about the Catholic belief that all things were created by God thereby all creatures are related to one another. Do you believe this to be true? Why or why not?
5. The video goes on to explain that solidarity is a commitment for the welfare of each other, that we are one human family. What does this mean to you? Share some specific personal examples of how you or those in your life have taken care of another's needs.
6. Can you offer an example of the difference between doing something for someone versus doing something with someone? Can you think of an example in scripture of this?
7. Compassion comes from the root words "com" and "passion," which means "to suffer with" another. When have you experienced deep compassion for the suffering of another?
8. What do you think this world would be like if we practiced true faith filled solidarity?

Session Challenges: {Choose one or both}

- The video discussed prayer as the first step in helping to make clear priorities. Take some time this week and ask God how He wishes you to prioritize Him. Some ideas might be: placing prayer time on your calendar, making sure to attend Mass, fasting from social media or time on your phone, or finding a Christian cause to donate to that helps the poor.
- If there is someone in your life who is suffering, try to ease their suffering this week. If you have been struggling with something yourself, share your struggle with someone you can trust. Allow this individual to support you through your struggle. If you can't think of anyone that is suffering, then ask God to place someone in need in your path.

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

Because We are Yours text can be found here: <https://www.crs.org/resource-center/because-we-are-yours>

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Catholic Social Teaching #6 The Poor and Vulnerable

***(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 shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Matthew 25:34-40**

After the reading, conclude with this prayer:

Heavenly Lord, You tell us to feed the hungry and clothe the naked, to care and visit the ill and those in prison. Open our eyes to the needs of others and grow in us a desire to obey Your words. Create in us a great compassion for the most vulnerable in our society and the world. We ask this in Your name, Jesus. Amen.

Reflection or Discussion Question:

1. Why do you think God asks us to help the vulnerable? Who are the “vulnerable, poor, or forgotten” in your life?

YouTube Video: Francis Week #3: Concern for the Marginalized (2:57 min) -

<https://www.youtube.com/watch?v=ANV22ummz98>

Reflection or Discussion Questions:

2. It can be difficult to focus on the harshness of reality. What are ways that you turn to comfort, entertainment, or distractions to ignore them?
3. The poor and marginalized are the face of God. What does this mean to you? In what ways is this true?
4. Who are the poor and marginalized in your community? How do you feel your community treats or supports these people? What do you feel are some of the larger issues at work that cause poverty in your community?
5. Have you witnessed any ways in which God has come to the rescue of the vulnerable or forgotten?
6. What happens to us or society when we refuse to pick up our crosses and defend, relieve, or liberate the poor?
7. How does Jesus' own poverty, and the scripture passage (Mt 25:34-40) challenge you to join in solidarity with the marginalized?
8. Have you ever reflected on how you personally respond or should respond to the marginalized before tonight? Are there any ways in which you feel you could get involved with a ministry or help the poor, vulnerable, or forgotten?

Session Challenges: {Choose one or both}

- Do some research on various organizations or causes that help the vulnerable in your community and see if there are ways that you can get involved.
- Consider if there is anyone in your life that is especially lonely and forgotten. Reach out to them and let them know you care.

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

Download the **Call Us Forth Prayer** here: <https://www.crs.org/resource-center/call-us-forth>

Additional Information: To learn more about the CARES services in Farmington Hills [click here](#).



Catholic Social Teaching #7 Dignity of Work and The Rights of Workers

***{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 shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Matthew 20:1-14**

After the reading, conclude with this prayer:

Just God, help us to use our power as consumers and voters to ensure that the dignity of workers is respected. May we urge business owners and policymakers to place the dignity of the human person at the center of economic decisions. Amen.

Reflection or Discussion Question:

1. What resonates with you from this reading? How does this relate to living with one another and faith?

YouTube Video: CST 101|The Dignity of Work and Rights of Workers (3:52 min) -

<https://www.youtube.com/watch?v=txH7G1RkD8I>

Reflection or Discussion Questions:

2. Have you ever thought of work as a gift from God? In what way is it a gift?
3. Do you think/feel that every person has a right to decent work? Why or why not?
4. How have you seen the dignity of work either violated or protected?
5. Have you personally seen the rights of workers either violated or protected? On the flip side, have you witnessed an employee taking advantage of their employer or not doing their job?
6. What do you feel is the difference between work existing for people versus people existing to work?
7. In what ways can our purchasing choices impact whether others rights are violated or protected?
8. What do you think is the church's responsibility of helping others get work?

Session Challenges: {Choose one or both}

- This week be sure to let someone in customer service who has helped you know how appreciated they are.
- Prayerfully consider how you can get involved to support those seeking work and/or support their rights at work.

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

Prayer for Work – Can be downloaded here: <https://www.usccb.org/prayers/prayer-work>

Creator God, thank you for providing us with the gift to share our talents. Provide our community, our nation, and our world the fortitude to provide work for all that is decent and fair. Make us faithful stewards of your creation to enhance the human dignity of our global family. We ask this in the name of Jesus, who lives and reigns with you and the Holy Spirit now and forever. Amen