



## Year A – Week 4: Meditation: Open Your Eyes to More

**\*{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: **Jn 9:1-41**

After the Reading Conclude with this prayer:

*Heavenly Father You desire that we turn to You to be healed and made whole. May we allow ourselves to be loved by You, healed by You, and made whole IN You. Fill us with courage and strength to allow You to work in us. We thank You in great gratitude for all the ways You have already been at work in us. Amen.*

### **Reflection or Discussion Question:**

1. In what ways were the blind man’s eyes opened?

**YouTube Video:** God Still Wants More of You: Fourth Week of Lent with Fr. Toups (8:40 min) -

<https://www.youtube.com/watch?v=03dEgOoYl64&list=PLeXS0cAkuTPqHL-7z8Vo8OQbGHvTj6ch3&index=6>

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

2. What stirs in your heart when you hear these Gospel stories?
3. Fr. Toups talks about expectations. What were your expectations of your life when you were younger? Have you had unmet expectations in your life?
4. Have you had unmet expectations from God? What is your perspective on asking God for more?
5. Fr. Toups talks about how fatigue can limit our perspective on how much more God can give us. What do you think he means, and have you experienced this?
6. Fr. Toups shares how the blind man believes that begging is as good as it gets. How he had to trust in Jesus and His power to heal him. Are there any areas of your life that you struggle with trusting God? Why or why not?
7. God is calling us to ask for more. To do this requires time in prayer. How does your prayer with God typically go? *(Leaders read: There are no right and wrong answers to these questions. We all realize that everyone’s prayer time is different and God speaks to each of us in unique ways. Let’s approach these questions in the hope of learning from one another.)* Do you spend time in silence listening for God’s whisper? Have you thought of or experienced prayer time as a back-and-forth conversation?

### **Session Challenges:**

- In what ways do you feel stagnant in your life? In what areas of your life do you need to ask more of God? Invite Him to highlight these areas for you. Prayerfully consider if God wants you to bring Him into these areas.

**Closing Prayer:** (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.) *Dear Holy Spirit, give us open hearts to fully submit to You so that we can open our eyes to a new perspective in going deeper into a richer relationship with You that touches our souls. Help us to leave behind our blindness and inability to fully trust in You. At this time, we offer you these prayers and petitions (have some time of silence to allow people to share their intentions). We thank You for hearing our intentions, dear Lord, both those spoken and the ones we hold within our hearts. We ask, if it is Your will, that You will grant them. In Your name we pray. Amen.*

**{Optional additional Readings}** Sunday Reading 1: **1 Sm 16:1b, 6-7, 10-13a**; Sunday Reading 2: **Eph 5:8-14**