



## Year A – 28<sup>th</sup> Sunday of Ordinary Time: Worthiness and Humility

**\*(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: **MT 22:1-14** - <https://bible.usccb.org/> - 10/15/2023, 10/11/2026, 10/14/2029

After the reading, conclude with this prayer:

*Dear God, help me to understand how much You truly love me. I know I can do nothing to earn Your love; You simply are love. I am humbly grateful for Your love. Thank You, Jesus, Amen.*

### Reflection or Discussion Question:

1. In the Gospel reading, we hear that there were those that were invited to the feast, but they were not worthy to come. Why do you think they weren't worthy to attend? (*Hint: Were they lacking humility?*)

**YouTube Video:** Do We Deserve God's Love? – Fr. Mike Schmitz (6:29 min) <https://youtu.be/4j-P5E9kZkI>

### Reflection or Discussion Questions:

2. Do you struggle with feeling worthy?

3. Do you think we get confused between our worthiness with each other and our worthiness to God? How so?

4. In relation to worthiness to God, do you feel humility is needed? Why or Why not? Why do we need humility with each other?

5. What does intrinsic dignity mean to you? Why is this important? (*Hint: Refer to information from the USCCB for additional insight: <https://www.usccb.org/beliefs-and-teachings/what-we-believe/catholic-social-teaching/life-and-dignity-of-the-human-person>*)

6. Fr. Schmitz indicates that there is an inestimable inequality between us and God. Knowing this, can we ever love as God loves? Should we strive to?

7. Referring to a C. S. Lewis quote from *The Weight of Glory*, (p170) "...God did not die for man because of some value He perceived in him... As St. Paul writes, to have died for valuable men would have been not divine but merely heroic; but God died for sinners. He loved us not because we were lovable, but because He is love" Does this perspective change how you view Jesus' sacrifice?

### Session Challenges: (Choose one or both)

- Baring our sins to God requires humility. Go to confession and bare your heart to God beforehand in preparation to receive His forgiving grace.
- Say this Jesus prayer throughout the week and reflect on your worthiness in relation to God. "*Lord Jesus Christ, Son of the Living God, have mercy on me, a sinner.*"

**Closing Prayer:** (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.) *God the Father, Jesus the Son, and Holy Spirit, we acknowledge that we are truly unworthy of Your love. There is nothing that we can do to be worthy of Your love, Your sacrifice for us, or the gifts You bestow on us. You love us unconditionally. We thank You from the bottom of our hearts for Your love, for without it we are nothing. It is only through You that we can strive to love others as they should be loved. Stoke the fire of Your love in us that we may know it and choose it! Amen.*

{Optional additional Readings} Sunday Reading 1: **IS 25:6-10A** Sunday Reading 2: **PHIL 4:12-14,19-20**