



Year A – 31st Sunday of Ordinary Time: Exaltation 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 23:1-12** - <https://bible.usccb.org/> - 11/05/2023, 11/4/2029

After the reading, conclude with this prayer:

Dear Lord, You are our master. You are the perfect teacher and true example of love and humility. Guide us to turn away from exalting ourselves and, instead, look for opportunities to serve one another. May we follow Your example and hunger for truly humble, servant hearts. It is only through Your grace that this is possible. Amen.

Reflection or Discussion Question:

1. What do you think/feel is the reason the Pharisees show off their works? Is it to point to God?

YouTube Video: Bishop Barron on Pride, Humility, and Social Media (7:17 min)

<https://www.youtube.com/watch?v=kFszRqu1oA0>

Reflection or Discussion Questions:

2. When Bishop Barron talks of humility in the video, he describes it as being fully immersed in reality. Have you ever thought about humility like this before? Does it cause you to think about humility and reality differently?
3. Share an experience of being immersed in an event and having time fly by. How would you connect this with humility?
4. Can you identify with Bishop Barron's description of social media as creating a need to impress? Have you ever felt a preoccupation with having an audience or sharing so others can see?
5. In what ways has utilizing social media changed your perspective of reality?
6. What do you think about Bishop Barron's description of "pride" as not being in reality or engaging with another for the sake of your own ego?
7. Bishop Barron shares how pride is going through life with the monkey of your ego always on your back. What do you think he means by this? (consider Social Media usage or need to exalt oneself) What are some helpful tips that you can think of for reducing or eliminating the monkey?

Session Challenges: (Choose one or both)

- Look at how much time you spend on your most utilized social media platform or gaming system and challenge yourself to cut back. Most phones have a setting that will allow you to track your time and even limit your usage. If necessary, download an app that tracks and limits your usage.
- Pay attention to how much sharing about yourself you do in a conversation. Try to focus on asking questions of others rather than talking about yourself. If you find this difficult, bring it to prayer and ask the Lord for help in growing in the virtue of humility.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.) *Dear God, help us to remain in truth and reality by keeping our eyes centered on You. In such an electronic and media driven world we ask for Your assistance to turn away from exaltation of ourselves and instead turn to service and humility. Help to make us aware of the times when we are not pointing toward You with our words and deeds. In Your gracious name. Amen.*

{Optional additional Readings} Sunday Reading 1: **Mal 1:14b-2:2b, 8-10** Sunday Reading 2: **1 Thes 2:7b-9, 13**