

A SERIES BY CALLED TO MORE

Living Faith

Discussion Guide

WHAT IS LIVING FAITH?

Living Faith is a series made for groups of young adults who want to go deeper in knowing, loving and serving God.

WHO IS THE DISCUSSION GUIDE FOR?

Everyone! Every guest, helper and organiser should have their own discussion guide.

DISCUSSION 01	10 MIN
<p>A <i>What are the three most important things in your life, and why?</i></p> <p>B <i>As Catholics we are called to put God first. How do you apply this in your life? What challenges do you face in this area?</i></p>	

DISCUSSION 02	20 MIN
<p>A <i>What has your experience of prayer been across your life, and what does it look like at the moment?</i></p> <p>B <i>We all need to be aiming for at least 15 minutes of prayer every day. What would it take to make prayer more consistent in your schedule?</i></p>	

ACTIONS

Faith needs to be put into action. We recommend choosing two that can be done on your own and, as a group, choose one to do together. Feel free to write your own or circle the suggestions below.

Individual

This week *I* will:

- 1 _____
- 2 _____

- 1 **Pray 15 minutes daily.*
(If already there, increase the time.)*
- 2 Set up a place for prayer in my home.
- 3 Visit the Blessed Sacrament in a church.
(If possible, attend adoration.)
- 4 Make a nightly examen for a month.
- 5 Start reading a book about prayer.

Group

This week *we* will:

- 1 _____
- 2 _____

- 1 Go to adoration together.
- 2 Take a rosary walk.
- 3 Meet for coffee to check in on progress & encourage each other.

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DISCUSSION 01	15 MIN
<p>A Objectively, Mass is a Heavenly privilege. Subjectively, it might not always feel that way. What is your experience of Mass?</p>	
<p>B Fr Columba advises we “be there, prepare and pray”. How could you be more prepared for and present at Mass?</p>	

DISCUSSION 02	15 MIN
<p>A What is your typical experience of confession (before, during, after)? What fears or joys come up?</p>	
<p>B There is infinite grace available in every confession. How could you unlock more of that grace?</p>	

ACTIONS

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Individual

This week *I* will:

- 1 _____
- 2 _____

- 1 Increase Mass attendance by one day/week.
- 2 Get to Mass 10 minutes early and read the Gospel.
- 3 Practise praying the four ends of the Mass.
- 4 Choose a monthly time for confession.
- 5 Start reading a book about Mass or confession.

Group

This week *we* will:

- 1 _____
- 2 _____

- 1 Attend Mass as a group.
- 2 Go to confession together.
- 3 Meet to discuss and pray with Sunday’s readings.

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DISCUSSION 01	10 MIN
<p>A <i>In increasing your general knowledge, what subjects interest you the most? When it comes to matters of faith, what topics are you most drawn to?</i></p> <p>B <i>Do you feel like you know Jesus? — his teachings, his Church? Do you long to know more?</i></p>	

DISCUSSION 02	20 MIN
<p>A <i>What “noise” in your life might be distracting from your formation? Is there anything you need to take a break from?</i></p> <p>B <i>If time wasn’t an issue, what would be the first thing you’d do to deepen your formation?</i></p>	

ACTIONS

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Individual

This week *I* will:

- 1 _____
- 2 _____

- 1 Take a break from “noise” (*secular music, social media etc.*) for one week or more.
- 2 Read a chapter of the Bible or do “Bible in a Year” each day.
- 3 Make a Catholic reading list for the next 12 months.
- 4 Start listening to a Catholic podcast.
- 5 Make an ongoing list of Catholic subjects I want to learn more about.

Group

This week *we* will:

- 1 _____
- 2 _____

- 1 Write a paragraph about a Catholic topic each (*get creative*) and present to the group during the week.
- 2 Choose one short book, encyclical, homily or similar to read and meet to discuss.
- 3 Do a Catholic book swap among ourselves.

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<p>A <i>Why do you think Catholic community is important?</i></p> <p>B <i>Describe a time you most felt part of a Catholic community.</i></p>	

DISCUSSION 02	20 MIN
<p>A <i>What Catholic community do you have now? How could you start or support a weekly event, such as lunch after Mass?</i></p> <p>B <i>Catholic friends aren't just for Sundays. How could you deepen your Catholic friendships?</i></p>	

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Individual

This week *I* will:

1 _____

2 _____

- 1 Invite one person for coffee after Mass.
- 2 Research Catholic groups near me and attend one this month. (If there are none, start one.)
- 3 Book into a Catholic conference, pilgrimage or similar.
- 4 Meet with a Catholic friend and ask deeper questions about them, their life and their faith.
- 5 “Do life” with a Catholic friend — e.g. cheer on their match or a movie & popcorn.

Group

This week *we* will:

1 _____

2 _____

- 1 Meet as a group and do something fun. It could be a hike, go-karting or afternoon tea.
- 2 Meet for lunch after Sunday Mass. *(And invite others we see there.)*
- 3 Think of a way to go deeper as a group. Maybe it's meeting at someone's house or supporting a groupmate's project.

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<p>A <i>How does the idea of sharing your faith make you feel?</i></p> <p>B <i>How often do you contemplate eternity? Does it impact how you feel about sharing your faith?</i></p>	

DISCUSSION 02	20 MIN
<p>A <i>Inspire, invite and invest. Share stories about when you have failed and succeeded in one or more of these.</i></p> <p>B <i>Close your eyes and think of two people you could intentionally invest in. Discuss with the group what your first steps will be.</i></p>	

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Individual

This week I will:

- 1 _____
- 2 _____

- 1 Inspire. Post about faith on social media, wear Catholic jewellery etc.
- 2 Invite. Whatever Catholic event is happening this month, I'll invite a friend.
- 3 Invest. Arrange to meet with the two people I'm investing in.
- 4 Write a first-month plan for how to invest in these two. *(And commit to a year's investment?)*
- 5 Read the mini-book "Making Missionary Disciples" by Curtis Martin.

Group

This week we will:

- 1 _____

- 1 Inspire. Have a community night (*bowling, movie etc.*) and invite along a mix of Catholic & non-Catholic friends.
- 2 Invite. Attend Sunday Mass together and each bring one or more people along. *(Then go for lunch afterwards!)*
- 3 Invest. Help our discussion leader to start a bible study or Catholic book club that we can invite our friends into.