SESSION 3:

Life-Giving Routines

Opening Prayer

FATHER, thank you for all the ways you bless me, those I am aware of and all those I am still oblivious to. The Scriptures show me that from the beginning you have desired friendship with humanity. Help me to know and believe that just as you yearned for friendship with Adam and Eve; Abraham, Moses, and Noah; Ruth, Esther, Rachel, and Mary; you desire a powerful friendship with me. Give me the wisdom to make prayer a priority in my life so together we can foster a beautiful friendship. Amen.

4. Benedict: Life-Giving Daily Routines

- Do your daily routines reinvigorate you?
- Have you ever experienced the effects of a good daily routine? What was that like?
- How can you incorporate the moto *"Ora et Labora"* ("Pray and Work") into your everyday life?

5. Teresa of Avila: The First Routine

- Have you ever been taught how to pray?
- How does thinking about prayer as a conversation with God change the way you approach prayer?
- When you pray, do you do all the talking or do you spend time listening?

6. Ignatius: Emotional Intelligence

- Are you an emotionally intelligent person?
- What piece of the "Spiritual Exercises" resonate with you the most?
- Have you ever experienced contagious holiness?

For Next Time

Remind folks to read chapters 7, 8 and 9 before your next gathering, which will be on... [insert date, time, and place here].

Closing Prayer

FATHER, teach me to listen deeply to what is happening within me and to discern what you are saying to me through my hopes and dreams, fears and failures, joy and sadness. Give me a piercing awareness of what is happening within me and around me, so that I can love you more, love others to the best of my ability, and love myself as you love me. Amen.

SESSION 4:

Making Great Decisions

Opening Prayer

LORD, thank you for the vast array of feelings and emotions that you allow me to experience. Teach me to listen to the dissatisfaction in my life and discover what you are saying to me through it. Then give me the courage and boldness to do something about it. Amen.

7. Francis of Assisi: Dissatisfied

- What are you dissatisfied with at this time in your life?
- How can you respond, instead of react to, what you are dissatisfied with?
- How is God inviting you to a better life?

8. Thomas More: The Gentle Voice Within

- When was the last time you paused to listen to your conscience before making a decision?
- When have you made a courageous choice and felt the effects of grace from it?
- Have you ever turned to the example of a saint in a time of adversity? If so, which saint?

9. St. John: Friendship

- Do you allow people to really get to know you?
- How would you describe Jesus to someone who has never heard of him?
- How do you want to be known? How do you want to be remembered?

For Next Time

Remind folks to read chapters 10, 11 and 12 before your next gathering, which will be on... [insert date, time, and place here].

Closing Prayer

LORD, inspire me to care more about my friendship with you than about my accomplishments in this world. Help me to make our time together each day a sacred and nonnegotiable touchstone of daily life. Teach me how to be a good friend to others. Amen.