

SEAS Lent 2018 Message Series Outline for Group or Individual Use Lent Week #2 (March 17-23, 2019) "Hearing God's Voice in Prayer"

Click on "Pray" on our website to get the video and homily for the week!

The First Characteristic of Discipleship at SEAS is "PRAY": Growing disciples have a daily commitment to prayer. Prayer is simply talking and listening to God as we would a close friend. It is both personal and communal.

"In Week 2, Rolheiser raises the question of how do we hear the voice of God when we are surrounded by so many voices in our world today? He answers his own question by reminding us that Jesus leaves us the wonderful metaphor of the "Good Shepherd." Using this metaphor Jesus tells us that just as sheep recognize the voice of their shepherd and follow him, so his followers recognize his voice when they experience good in their lives. In other words, we find God in what is good – since God, by definition, is good. "'- Fr. Mark

BEFORE Meeting with Your Group:

- Read Preface and Ch. 2-Hearing God's Voice in Prayer from the book *Prayer: Our Deepest Longing* (pp. 15-25)
- Watch the weekly message series video on "Pray" from the St. Elizabeth Ann Seton Website: www.seasp.org
- Read over Fr. Mark's message for the week, found on the parish website: www.seasp.org

Opening Prayer: Begin with the following prayer as a group-

Lord, I give You honor and praise. Strengthen my prayer life. Help me to pray more. Nudge me to pray when I'm doing mindless tasks. Help me to truly know who I am in Christ, to understand that You always hear me, to know Your Word so I can pray it, to write down my own prayer needs and the needs of others. You know my heart. May I be transformed through prayer to live out the call you have placed on my life. In Jesus name, Amen.

Individual Reflection or Discussion Questions-

As a group discuss the following from your weekly reading and reflection:

1. What from the message video and/or homily stood out to you this week and why?
2. Do you talk too much in prayer and forget to listen?
3. "We need to discern the unique cadence of God's voice" (p. 16). What are some of the ways you most clearly hear God's voice?
4. Concerning God and faith, what are your greatest fears?

5. "Experiencing the unconditional love of God is what prayer, in the end, is all about" (p. 18). Has there been someone in your life who you felt loved you unconditionally? What did that mean to how you see God?
6. "Faith says that God is real...We are in safe hands" (p. 22). Does believing this is true eliminate all fear and anxiety? Why or why not?
7. "The power (the apostles) admired and wanted was Jesus' power to love and forgive his enemies" (p. 22). How is the power to love and forgive related to prayer?
8. What place does solitude have in your life?
9. Are there any questions that arose while reading this chapter?

Weekly Prayer Practice Challenge:

Look for ways to find solitude in your life this week:

- Get up earlier in the morning.
- Leave work for a few minutes during the day to take a walk or sit quietly.
- Empty your mind of thoughts and make room for the voice of God to enter.
- Nurture silence, for a brief time each day.
- Use the Dynamic Catholic "Prayer Process" this week:
<https://dynamiccatholic.com/learning/the-prayer-process>
- Utilize "The Examen" in your prayer this week:
 - App: <https://itunes.apple.com/us/app/reimagining-the-examen/id1065042173?mt=8>
 - Print Version:
https://jesuits.org/Assets/Publications/File/The_Daily_Examen.pdf
- Check out our Facebook page daily for a new way to pray each day!

Take time as a group to commit to something this week! Share your commitments with one another.

Closing Prayer

Pray the following together as a group:

God of all creation, you delight in me, your flawed yet beautiful child. I will make a place for you in my mind and heart. There I will rest in your peace and celebrate your boundless love and kindness. You are my stream of living water, O Lord. Amen.