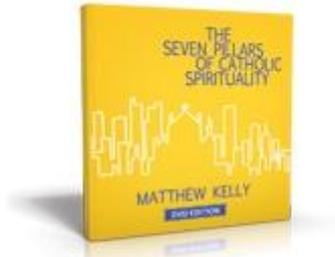




Adult Faith Formation

"Lord, increase my faith." Luke 17:5

**The 7 Seven Pillars
of Catholic Spirituality
Matthew Kelly**



The Seven Pillars of
Catholic Spirituality (DVD)

Study Guideⁱ

*“Rediscover the joy of believing and
enthusiasm for communicating the Faith”
(Porta Fidei, 7)*

Note:

The videos for this series can be viewed on-line. If you would like a DVD copy of 7 Pillars of Catholic Spirituality, please contact:

Vocations Office
100 E. Eighth St.
Cincinnati, OH 45402
513-421-3131

The videos are hyper-linked throughout this Study Guide. Find a list of all 7 talks here: http://www.youtube.com/user/dynamiccatholic?feature=results_main



ⁱ This Study Guide was produced by the Office of Evangelization and Catechesis of the Archdiocese of Cincinnati and is a revision of the free Study Guide found on the DynamicCatholic.com webpage: http://www.dynamiccatholic.com/sites/default/files/pdfs/Rediscover_Cath_SG.pdf

OPENING PRAYER

Loving Father,
Open our hearts and minds
 and allow us to see the beauty of our faith.
Show us what is possible and fill us with the grace,
strength,
 and wisdom to live all the good things
 we explore here together.
Send your Spirit upon us so that we can discover
your dream
 for us to become the-best-version-of-
ourselves,
 and have the courage to defend and
celebrate this true self
 in every moment of our days.
We ask you to bless in a special way the hungry,
the lonely,
 the sick, and the discouraged. Remind us of
our duty toward
 them and inspire us to be filled with a
profound gratitude.
We ask all this through your Son, Jesus.

Amen.

Session 1
THE SEVEN PILLARS OF CATHOLIC
SPIRITUALITY – CONFESSION & DAILY
PRAYER

OPENING PRAYER

VIDEO: [Confession](#) and [Daily Prayer](#) – The Seven Pillars of Catholic Spirituality

DISCUSSION

1. *Confession:* What insight from the video made you rethink your attitude toward confession?
2. Do you have any questions or concerns about going to Confession?
3. Do you feel empowered when you have the answers to questions people ask about Catholicism? What could you do on a regular basis to increase your knowledge about the Catholic faith so that you will have more and more answers to share with others?

CLOSING PRAYER

ANNOUNCEMENTS

- Encourage participants to utilize two free resources from DynamicCatholic.com
 - [Prayer Tracking Card](#)
 - [Mass Journal](#).
- Tell participants that the next session will cover the Mass. Ask participants to either utilize the Mass Journal (above) or to write down their thoughts about the next Mass that they attend. What struck you from the readings? The Homily? Was there something particular about this Mass that struck you...a song? A particular response or prayer? The environment?
- Our next gathering will be... (date, place, and time)

Session 2
THE SEVEN PILLARS OF CATHOLIC
SPIRITUALITY – THE MASS

OPENING PRAYER

VIDEO: [The Mass Part 1](#), [The Mass Part II](#), [The Mass Part III](#) - The Seven Pillars of Catholic Spirituality

DISCUSSION

1. What was one thing Matthew Kelly said in the video that inspired you to engage more deeply in the Mass?
2. Have you begun using a Mass journal to help you engage with the Mass? What has that experience been like? How has God spoken to you in the Mass?
3. Have you ever had an experience of marvel, wonder or mystery at Mass?

Closing Prayer

ANNOUNCEMENTS

- Continue to encourage participants to utilize the Prayer Tracking Card, and the Mass Journal.
- Our next gathering will be... (date, place, and time).

Session 3
THE SEVEN PILLARS OF CATHOLIC
SPIRITUALITY – THE BIBLE & SPIRITUAL
READING

OPENING PRAYER

VIDEO: [The Bible](#) and [Spiritual Reading](#) - The Seven Pillars of Catholic Spirituality

DISCUSSION

1. *The Bible*: What is your favorite story from the Bible? Why?
2. *The Bible*: What did you learn about the Bible that you did not know before?
3. *Spiritual Reading*: What is the last really good Catholic book you read? If you read a great Catholic book for fifteen minutes every day for the rest of your life, how would your life and spirituality improve?

CLOSING PRAYER

ANNOUNCEMENTS

- Continue to encourage participants to utilize the Prayer Tracking Card, and the Mass Journal.
- Explain to participants that next week we will be discussing the Spiritual practices of fasting, and praying the Rosary. Encourage participants to practice fasting from something, and to pray a Rosary. Pass out Rosaries and a guide to praying the Rosary if you have it. Available on line:
 - <http://www.kofc.org/un/en/resources/cis/devotionals/4772.pdf>
 - <http://www.how-to-pray-the-rosary-everyday.com/rosary-guide.html>
- Our next gathering will be... (date, place, and time).

Session 4
THE SEVEN PILLARS OF CATHOLIC
SPIRITUALITY – FASTING, THE ROSARY

OPENING PRAYER

VIDEO: [Fasting](#) and [The Rosary](#) - The Seven Pillars of Catholic Spirituality

DISCUSSION

1. *Fasting:* Did you fast since the previous session? What was that experience like? What would be the hardest thing for you to fast from for one day each week? Would you consider giving up that one thing for one day each week?
2. *The Rosary:* When was the last time you prayed the rosary? If it is not part of your spiritual routine, why don't you pray it more often? Do you have any questions about how to pray the Rosary?

CLOSING PRAYER

CLOSING PRAYER

Loving Father,
I invite you into my life today
 and make myself available to you.
Help me to become the-best-version-of-myself
 by seeking your will and becoming a living
example
 of your love in the world.
Open my heart to the areas of my life that need to
change
 in order for me to carry out the mission
 and experience the joy you have imagined
for my life.
Inspire me to live the Catholic faith in ways that are
 dynamic and engaging.
Show me how to best get involved in the life of my
parish.
Make our community hungry for best practices
 and continuous learning.
Give me courage when I am afraid,
 hope when I am discouraged,
 and clarity in times of decision.
Teach me to enjoy uncertainty and lead your
Church
 to become all you imagined it would be
 for the people of our times.
Amen.