

Family Program – Session 5 – Called to Holiness

I. Opening Prayer (Ricardo)

II. 1st Talk – Father Barron – The Three paths of Holiness (13 minutes)

- A. Find the Center
- B. Knowing you're a sinner
- C. Realizing it's not about you

III. 2nd Talk – A Holy Person I knew (Brian)

IV. Group Breakout Time

Read as a group:

Matthew 5:14-16

I Thessalonians 3:12-13

Questions for Breakout Session

1. Based on Jesus words, what is the reason God calls us to be holy?
2. How do our holiness and our love for God affect others?
3. Why does Jesus tell his followers that they are the light of the world?
4. When have you been a "light" in your home, workplace, or parish?
5. In what specific ways can you bring more of Christ's light into the world?
6. According to St. Paul, who makes us holy?
7. Why do you think it's important to ask God for the strength and grace to become holy and blameless before God?
8. Think of one or two people you know whom you consider holy? What qualities do they possess? Based on their example, how would you define holiness?
9. Why does holiness consist of more than avoidance of sin? How may the Lord be calling you to holiness through prayer or service?
10. Why is it important for us to be forgiving of ourselves when we miss opportunities to be holy? What is the best way to move forward when we have failed?

V. Sharing Time (5 minutes)

VIII – Final Thoughts

1. Think of several scripture verses that might help you remember God's call to holiness. Write them on sticky notes or index cards and place them around your home where you will see them each day.
2. Pray...if you haven't already amped up your prayer, look to set aside time in your day to truly offer up to the Lord. Let him speak to you through scripture, silence, and/or a meditative prayer like the Rosary.