

Small Group Directions and Questions

Learning Module # 6: The Heart of Prayer

Small group facilitators follow these steps:

- 1) Remember to quickly read aloud through the small G.R.O.U.P. guidelines
- 2) Choose time keeper/use yellow 'time is up' sheet
- 3) Opening Prayer (Come Holy Spirit....)
- 4) Facilitate sharing questions at the bottom of this sheet.
- 5) Closing Prayer (Come Holy Spirit.....)

Thanks for your help!

Questions:

- 1) How did your prayer and reflection go these past two weeks? What struck you the most? What's been most difficult? (2 mins)
 - 2) What image, idea, or word from John's talk tonight struck you the most? Any insights about why? (1 min)
 - 3) How does this quote from the Catechism speak to you?
"One does not undertake contemplative prayer only when one has the time: one makes time for the Lord, with firm determination not to give up, no matter what trials and dryness one may encounter...the heart is the place of this quest and encounter, in poverty and in faith." (CCC) # 2710 (2 min)
 - 4) Do you believe Jesus is actually living in you, loving you, with every breath? How have you, or do you, experience Jesus and His love in prayer? (1 min)
 - 5) St. John of the Cross speaks of how essential it is let go of our attachments and surrender in faith, hope, and love to God. He calls this "nada."
What are some things you have let go of in life?
What are some ways Jesus is calling you to let go in prayer? (1 min)
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