

Heart Ridge Catholic Family Ministry Presents:



Let Us Pray

video program for
Catholic women

Discussion
Guide

Welcome!



Let's start each session by opening with this simple prayer:

Dear Heavenly Father,

We praise you for your marvelous works, particularly how you've made each one of us.

We thank you for bringing us all together and allowing us to approach you in prayer as a Loving Father—even desiring us to do so!

Help us now to be open to improving how we pray and to encourage one another in their efforts of prayer.

Mary, our Mother, guide and lead us.

Amen.

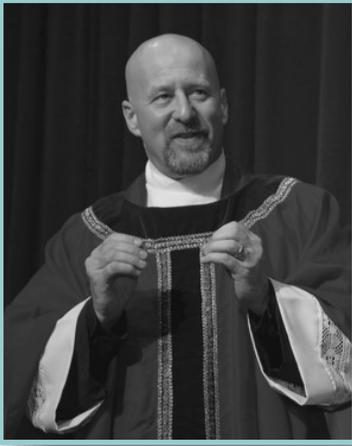
Next, watch the presentation. Each one is 20-30 minutes long. Also, please pray along with the presenter at the end of each presentation.

Start the discussion with the questions. Thirty minutes is a good length to allow for this.

When it's time to wrap it up, allow 5 minutes for sharing prayer concerns with the whole group. These can all be offered together with a closing "Hail Mary" or a "Glory Be," or someone can close mentioning the prayer concerns.

Topics

- 1 Praying the Rosary for Healing with **Fr. Dwight Longenecker**
- 2 Praying with Little Ones with **Katie Warner**
- 3 Praying with Mindfulness with **Fr. Jeffrey Kirby, S.T.D.**
- 4 Praying with your "Hands Full" with a panel of busy moms (10+ Kids each)
- 5 Praying like the Saints with **Michele Faehnle** and **Emily Jaminet**
- 6 Praying in the Midst of Suffering with **Mary Lenaburg**
- 7 Praying with Gratitude with **Dr. Susan Muto**
- 8 Praying with Your Temperament with **Stephanie Sander**
- 9 Praying with and for Our Children with **Dr. John and Claire Grabowski**
- 10 Praying while Fasting with **Ellen Gable Hrkach**
- 11 Praying during the Mass with **Dr. Ed Sri**
- 12 Praying with Mary with Dominican Nuns, **Sr. Anna Sophia** and **Sr. Marie Celine**



1. Praying the Rosary for Healing

With Fr. Dwight Longenecker

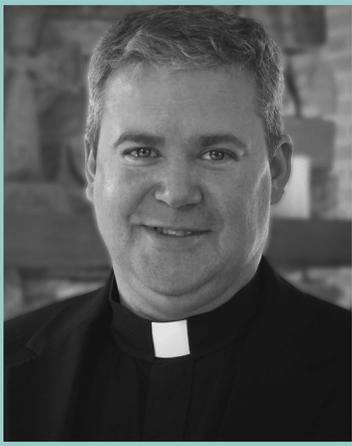
1. How often do you pray the rosary? Do you pray the rosary out of “duty” or because you really want to? When are you most likely to pray it?
2. For you personally, what do you like about praying the rosary?
3. Fr. Longenecker mentioned that it’s ok to pray the rosary in a meditative way where you aren’t necessarily concentrating on the mysteries, but that your subconscious is engaged. What does he mean by this? Have you ever experienced this?
4. Do you believe and find solace in his theory that like tree roots under the ground or an underground river so, too, are all of our prayers said through the rosary for healing our world?
5. We all probably have some inner healing that needs to take place. Sometimes it’s about matters we don’t know, as in the stories Father shared. Do you think praying the rosary can help you with your inner healing? If so, what specifically will you try?
6. How can meditating on the mysteries of the rosary also help for healing or personal growth? Give some examples of this with each joyful mystery: 1) The Annunciation 2) The Visitation 3) The Nativity 4) The Presentation 5) Finding Jesus in the Temple



2. Praying with Little Ones

With Katie Warner

1. What are some of the reasons you want to pray with your children?
2. What are some of the factors that keep families from praying together?
3. Katie shared many examples of praying with her children. Are there any of these that you also do? Are there some of these that you don't do, but would be interested in trying?
4. What about the balance between being too strict or too loose? What is an example of a good balance for you? Do you think certain "rules," like no touching each other, are useful? What are some of these?
5. A prayer routine, like so many other routines with our children, is extremely helpful to be consistent. What seems like a reasonable prayer routine for your family throughout the day?
6. Do your kids ever see you pray? How can you work on being a better example?



3. Praying with Mindfulness

With Fr. Jeffrey Kirby

1. We're made to be mindful. Have you seen this secular emphasis on mindfulness? What is the difference between simply being mindful just with oneself, and a Catholic understanding of mindfulness?
2. How is God's title for himself, "I AM" a way for us to understand "Mindfulness" or "being present in the moment?"
3. Do you remember the definition of a sacrament? ("Sign instituted by Christ to give grace.") What then is meant by the Sacrament of the Present Moment? (If you need to, go to the 9 minute mark for a review.) What can help you to live this sacrament?
4. How does being at peace lead to mindfulness and vice versa? What helps you to escape the busyness of every day life and be mindful and at peace?
5. The Psalms are full of petitions to be mindful of God. Do you know of any prayers or specific Psalms that call us to be present to God? How can we pray so that we can be more mindful and live in the Sacrament of the Present Moment?



4. Praying with Hands Full with some busy moms

Let's talk about some of the same questions, sharing what we learned from these moms along with our own experiences.

1. What one prayer moment do find crucial to your day?
2. What other prayer moments do have throughout your day that help keep your conversation with God going?
3. Have you had (or maybe are having) a dry time with your faith, feeling distant from God? What caused this distance? What brings you back?
4. Do you have reminders through your house that call you back to prayer?
5. Finally, what advice do you have for new moms?



5. Praying like the Saints

With Emily Jaminet and Michele Faehnle

1. St. Gianna actually wrote out her own plan of sanctity. It included: 1) Morning Prayer 2) Mass 3) Meditation 4) Rosary 5) Visits to the Blessed Sacrament and 6) a Daily Examination
If you had to write out your own plan of sanctity—both an ideal one and a realistic one, what would you include? Is she missing something that you'd include in yours?
2. St. Zelig Martin rose early each morning to attend Mass at 5:30. How important do you think it is to start your mornings with God? What do you find helpful to do first thing in the morning?
3. Michele and Emily mentioned that Saint Edith Stein stressed the importance of a retreat. Why is a retreat such a great idea? Have you ever been on one? What would make going on a retreat possible for you?
4. Saint Mother Teresa was an extremely busy woman, yet she always took lots of time out of her schedule for prayer. Does taking time to pray seem counterintuitive to getting all of the things done that God is asking you to do? What is wrong with this thinking?



6. Praying with Suffering

With Mary Lenaburg

1. Have you had an earthquake experience in your life that shook and woke you up? Please share as you are comfortable—even if it is just a “small” earthquake event.
2. Mary says the first thing you need to do when you are faced with suffering is to talk to God about it—even if that means “shouting at him in your living room.” Mary had turned her back on God as long as she could. How about you? What’s your first tendency when you experience suffering?
3. Mary advocates a consistent morning time of prayer, meditation, and scripture reading—perhaps with a lot of emphasis on reading the Bible. Something as easy as opening a Bible for the daily readings often gets put aside. What’s your experience with spending time in the Word?
4. “Prayer changes us.” We often pray to “change things.” How can prayer change us, especially in the midst of suffering?
5. What advice does Mary give when we are comforting someone who is suffering? What would you add?
6. What is one lesson, thought, or idea that you will take away from Mary’s talk?



7. Praying with Gratitude

With Dr. Susan Muto

1. What do you think is the difference between secular gratitude and Catholic gratitude? How does suffering play a part in this?
2. St. Julian of Norwich is known for saying, “All Shall be Well.” How does an attitude like this contribute to being grateful? What are some examples in your life when you’ve lived or not lived this saying? What can help you remember this?
3. When St. Therese was on her death bed, she was thankful for dying so that she could go on to heaven. How could you fill in this blank in a “St. Therese” way? “Thank you, Jesus, for _____.”
4. Susan likens prayer and gratitude to breathing. Explain how prayer and gratitude are like breathing, and how they go together?
5. How can you pray and be grateful in your given vocation that might be different from another’s vocation?
6. What ways did Susan suggest to cultivate gratitude that are most helpful to you? What other suggestions do you have?



8. Praying with Your Temperament With Stephanie Sanders

1. Have you ever done a personality assessment or a temperament type test? What is one way that you found this information helpful?
2. Have you ever considered that there may be a type of prayer that is more suitable to your “type?” On quick analysis, what is one personal example of a way that you pray that you find “corresponds “ or “works” for you? Is this due to a personality trait?
3. We sometimes forget that saints had different personality and temperament types. From the saints’ prayers and methods that Stephanie mentions, is there a particular one that you’d like to try and why?
 - St. Francis de Sales and the Introduction to the Devout Life
 - St. Ignatius and The Spiritual Exercises
 - St. Benedict
 - St. Teresa of Avila
 - St. Francis of Assisi
4. What else did Stephanie mention about personality types and prayer did you find helpful?



9. Praying with and for Our Children

With Dr. John and Claire Grabowski

1. The Grabowski's changed their prayer format as their children grew through different stages. What stage are you in with your children now? How can you pray with your children at this particular time?
2. If you are feeling bad because you haven't prayed with your children a lot (or at all) what encouragement, suggestions, or inspirations did you receive from today's talk?
3. Do you have a way to keep track of family prayer concerns? Is there a way to let everyone know that they are being prayed for and when the prayers get answered?
4. Have you had an experience of intuition when you knew someone needed your prayers? Have you woken up at night and prayed for a child?
5. If you have children who have left the faith, how do you pray and interact with them? Is there a consistent prayer you say for them? A saint you turn to?
6. Is there anything else the Grabowski's shared that you found helpful?



10. Praying with Fasting

With Ellen Gable Hrkach

1. What is your experience with fasting? Have you ever done it besides on Ash Wednesday and Good Friday?
2. After watching Ellen's talk, is this something that you'd be willing to try? What was said that makes you want to consider it?
3. Ellen quotes three popes on how important they believe fasting is. She ends with this one by St. John Paul II: "Jesus himself has shown us by his own example that prayer and fasting are the first and most effective weapons against the forces of evil." Why is fasting so effective, especially in this day and age?
4. What about fasting for your "health?" Have you tried this? What about fasting for both healthy and spiritual reasons? Are there problems with this?
5. Are you committed to trying a simple fast this coming week? What stipulations are you following?



11. Praying during the Mass

With Dr. Ed Sri

1. Had you thought about Mass as a “prayer?” Why is it considered the greatest prayer of the church?
2. What’s your biggest obstacle to praying during Mass?
3. What’s something you’ve tried before that helps you to stay attentive during Mass? Is there something you’ve done that helps Mass to be more prayerful for you?
4. What is something that Dr. Sri said about the Mass that you hadn’t really thought about before?
5. What does it mean that the “intention to pray” is a great foundation?
6. Out of Dr. Sri’s suggestions, what did you find most helpful?



12. Praying with Mary

With Sr. Anna Sophia
and Sr. Marie Celine

1. If you have a devotion to Mary, please share a little bit about when and how this devotion began.
2. What are some ways that you keep developing this relationship to Mary? Do you have pictures, traditions, etc.?
3. If you are a teacher, parent, or grandparent, have you found that as you draw your children closer to Mary, you also draw closer to Mary? Do you have some examples of this?
4. One of the beautiful things that Sister said was that holding the Rosary was like holding Mary's hand. Do you keep a Rosary handy? Is there something else that reminds you of Mary's presence?
5. Both sisters' schools and families had a big influence on their vocations. Does this make you think about your own families and how you are raising your children to be open to their vocations?
6. What else did the sisters say that you found inspiring?