

Discussion Guide



Introduction

Thin Moments

1.	What "thin spaces" (geographical locations) have you experienced in your life? What about that location made you more aware of God's presence?
2.	What sacraments of the Catholic Church have you experienced? During which of these sacramental moments were you most aware of God's presence?
3.	What does it mean to you to say that the sacraments are the Christian "M.O."—our "way or proceeding?

Learning to Read Signs: Speaking God's Language

1.	Share an example of a symbol or ritual from your family life that tells a story, that is, invokes a narrative.
2.	When was a time that you especially needed to experience the nearness of God in your life?
3.	What does it mean to you to "find God in all things"? What are some examples of places, things, or experiences in which you find God?
4.	Describe a moment or experience in your life when words were insufficient to express yourself.

5.	What are examples of signs and symbols used in Catholic life? What sign or symbol from Catholic Tradition is especially meaningful to you? Why?
6.	Who was/is a great storyteller in your life? What stories do you recall from your childhood? What stories (novels, movies) are your favorites now? What is your favorite Scripture story and why?

Living the Sacrament of Baptism: A Whole New You

1.	What is the difference between powerlessness and weakness? How can powerlessness be a prerequisite for healing?
2.	Describe a time that someone or something "colored your world." How does Baptism color our world?
3.	What are some of the ways you have used oil in your life? What "powers" or benefits did these various oils promise to provide in your life?

4.	What have been your positive and negative experiences of fire in your life? Why is fire an
	appropriate symbol for the Holy Spirit? What does the symbol of fire say about our Baptism
	and how we are to live it?

5. What are some of the most significant garments you have worn in your life? What were the occasions, and why was the way you were dressed so significant? What does it mean for us to put on a white garment in Baptism?

Living the Sacrament of Confirmation: What's Come Over You?

1.	Recall a time you asked, "What's come over you?" or had someone pose the query to question your behavior. Share with others.
2.	What is a spiritual quality that you have that you wish you could "transmit" to someone you love (e.g. spouse, children, parents, siblings, friend)? What is a spiritual quality that you wish someone would "transmit" to you?
3.	In what ways has the Holy Spirit nudged you to shift your attention away from yourself and toward the needs of others? What are some concrete examples from your life?

4.	In what ways is God's grace "ordinary"? Where are some of the places you find, encounter, or experience God's grace?
5.	What is bringing you joy in your life right now?
6.	Who is someone who has been or is an advocate for you? When was a time you advocated for someone else? How does the Holy Spirit advocate for us?

Living the Sacrament of the Eucharist: What Do You Crave?

1.	What are some of the foods you crave from time to time? What are examples of things besides food that you often crave?
2.	How do you feel when you're craving something? How do you express yourself when you have a craving—for food or otherwise—that you want to satiate?
3.	What are some of the things that attempt to "seduce" you on a daily basis by promising to sustain you and provide you with happiness?

4.	Who are some of the people that you have most recently shared a table with? What relationship do you have with these people? How does sharing a meal strengthen that relationship?
5.	What is the significance of Catholic worship—the Mass—being presided over by a priest while other Christian worship is presided over by a preacher? What does that say about what is taking place in Catholic worship?
6.	Describe a time when you felt "broken" and were "fixed" by attending Mass. What was it about your experience at Mass that helped heal you?

Living the Sacrament of Reconciliation: Rescue Me!

1.	When was a time that you became aware of God's presence during an experience of failure defeat, or loss?
2.	How does the notion of sin as "missing the mark" affect your understanding of sin?
3.	Who in your life offers you a perspective beyond your own that helps you to recognize how you may have missed the mark when it comes to following God's will?
4.	Describe a time in your life when you learned that "it's not about you."

5.	Who in your life is the greatest example of selfless love? Why?
6.	Who is someone in your life who makes you want to be a better person? What shortcomings of your own do you become more aware of in the presence of this person?
7.	How has your understanding of the Sacrament of Reconciliation deepened as a result of reading this chapter?

Living the Sacrament of Anointing of the Sick: Healing as God's M.O.

1.	On a scale of 1–10, how healthy would you rate yourself at this moment? What do you base that on? What do you do to maintain health—balance—physically, emotionally, psychologically, or spiritually?
2.	When was a time you experienced powerlessness because of a sickness, either your own or that of a loved one? Did God feel nearby or distant?
3.	When people are experiencing illness, what are some of the ways that we seek to bring them hope?

4.	Have you experienced the Sacrament of Anointing of the Sick for yourself or for a loved one? Describe the experience.
5.	When was a time that the face of God was revealed to you in your care for someone in need?
6.	Who are the people in your life right now who are suffering from illness and in need of hope? As a group, mention their names and pray for the grace to bring them the hope they
	need.

Living the Sacrament of Matrimony: Who Loves You Most?

1. Who always seems to have your best interests in mind?

2. What popular songs about love can you think of that include the image of rescue?

3. Who is someone you know who displays a compulsive desire to pursue the best interests of others? What are examples of how this person does this?

4.	What is your understanding of detachment and generosity? Why are these so important in marriage and in family life?
5.	What is your understanding of mutuality? What is an example in your life of successfully practicing mutuality? What are some examples from your life of mutual accountability?
6.	If you heard a homily encouraging married people to have frequent sex, would you be surprised? Scandalized? Delighted? Why or why not?

Living the Sacrament of Holy Orders: Helping Others See

1.	Think of a priest (past or present) you admire. In what ways has his priesthood affected your life?
2.	When was a time you helped someone recognize the presence of God in his or her life? When did someone help you to do so?
3.	What are some of the thin moments of your life when a priest was present? What was the priest's role at these thin moments?

4.	What makes a priest worthy of being trusted? What qualities do you look for in a priest to know that he is capable of faithfully speaking to God on your behalf?
5.	What does it mean to say that the apostolic faith is that which defines us as Catholics? How have clergy sex abuse crises injured that identity? What do you think is needed for the Church to experience healing from this tragedy?
6.	What are some of the ways your parish priest is present to his people? How have you witnessed him bringing the presence of Jesus into people's lives?

Epilogue

Donning Your Catholic Goggles

1.	What are some examples of sacramental actions you perform? What are examples of sacramental objects in your life?
2.	Of the list provided in the book, which sacramentals do you already practice or use? Which
	do you feel most compelled to try? Which are you uncomfortable with? Which means the most to you? Why?
3.	Think of one way that you recognized God in creation today. Share with the group.