

USING
PRACTICE MAKES
CATHOLIC
IN A SPIRITUAL MENTORING RELATIONSHIP

A MENTOR / APPRENTICE WORKBOOK

LOYOLAPRESS.
A JESUIT MINISTRY
Chicago

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A JESUIT MINISTRY

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INTRODUCTION

This workbook is designed to guide you in a spiritual mentoring relationship, using the book *Practice Makes Catholic: Moving from a Learned Faith to a Lived Faith* (Joe Paprocki, DMin, Loyola Press). Whether you are taking the role of a spiritual mentor or the one being mentored, this workbook will assist you in working together to gain a deeper understanding of Catholic practices that shape and express our faith so that you can integrate them into your daily living.

Since the earliest years of Christianity, Christians have realized that the spiritual journey is best walked with another and not alone. In her book *The Interior Castle*, Saint Teresa of Ávila, the great sixteenth-century mystic, wrote:

It is very important for us to associate with others who are walking in the right way—not only those who are where we are in the journey, but also those who have gone farther. Those who have drawn close to God have the ability to bring us closer to him, for in a sense they take us with them.

As Catholics, we find our way to Jesus by walking with others. In your spiritual journey, it is important for you to walk with another, whether you are the one offering a sense of direction or are the one seeking that direction. This is the essence of spiritual direction (or, for our purposes, spiritual companionship or mentoring). Formal spiritual direction, however, is not intended to replace other less formal forms of spiritual companionship. A spiritual mentoring relationship is simply one person on “the Way” asking another person a few steps ahead to provide direction so that both can continue on “the Way.” To be a mentor, you need not to have achieved some level of perfection; you must simply be a few steps ahead of the person you are mentoring.

In the Rite of Christian Initiation for Adults (RCIA), those preparing for baptism are provided a sponsor whose responsibility is “to show the candidates how to practice the Gospel in personal and social life” (RCIA 75). In a similar way, a young person preparing for Confirmation chooses a sponsor, someone who can mentor him or her in the Christian life. In both cases, the sponsor does not teach the doctrines of the Catholic Church. This role belongs to the catechist. Rather, the sponsor helps the candidate become more familiar with the Christian way of life, helping by example and support so that the person might turn “more readily to prayer, to bear witness to the faith, in all things to keep their hopes set on Christ, to follow supernatural inspiration in their deeds, and to practice love of neighbor” (RCIA 75-2).

Another common example of a mentoring relationship is that between a sponsor and another person who is in recovery from a dependency. A sponsor in a twelve-step program is not an expert. He or she is someone who is abstaining from a

particular debilitating behavior and is “working the program.” A sponsor need not have completed the twelve steps—and people in twelve-step programs will say that they are never “finished.” But the sponsor is further along in the process than the sponsoree. One becomes a sponsor simply by being asked. In their relationship, the sponsor and sponsoree are in regular contact, the sponsor guiding the sponsoree through the twelve steps, providing support and direction, sharing his or her own experiences, and listening.

The spiritual “program” that you are being asked to “work” is laid out in the book *Practice Makes Catholic: Moving from a Learned Faith to a Lived Faith*. The spiritual mentoring relationship here focuses on Catholic practices, the things we do on a daily basis that flow from our Catholic faith and shape us as Catholics. This relationship can be described as an apprenticeship. Just as a carpenter or a chef guides an apprentice into the craft, the spiritual mentor guides an apprentice—someone who is not as experienced—into the way of life known as Catholicism.

If You’re Taking the Role of a Mentor...

If you are entering into this spiritual mentoring relationship as the mentor, please know that the Catholic practices you will reflect on with your apprentice are things you are most likely doing already—they’re in your “Catholic DNA.” Without perhaps recognizing it, you are performing the corporal and spiritual works of mercy. You are living the seven virtues. You are exuding the fruits of the Holy Spirit. You are abiding by a spirit of stewardship. Perhaps you haven’t thought of what you do in these terms, but this workbook will provide the language to identify the Catholic practices in your life and the words to speak about them. You will not have to attend training sessions. You just need to think a little bit, ask the Holy Spirit for guidance, and stay a couple of steps ahead of your apprentice.

If You’re Taking the Role of an Apprentice...

If you are entering into this spiritual mentoring relationship as the “apprentice,” this does not mean that you come without any experience, wisdom, and insight of your own. It does mean, however, that you have taken the posture of a beginner—a posture that we are all called to assume as disciples of Christ. We have only one Master, and that is Jesus. You have expressed a desire to deepen your commitment to Jesus and to live your faith more fully on a day-to-day basis. Your mentor is a few steps ahead of you on the same journey. He or she will provide guidance, insight, and wisdom gleaned from lived experience so that you can, in turn, practice your faith in a more profound and concrete way each day. Somewhere down the line, you also will guide others in the ways of Jesus.

So, What's the Program?

In his book *Practice Makes Catholic*, Joe Paprocki, DMin, offers twenty-one tried-and-true practices that both flow from and shape the Catholic way of seeing. This way of seeing can and will make a difference in the lives of Christians. The Catholic way of seeing can be characterized by five distinct qualities that shape the way we see all of reality and thus shape the way we live, move, and have our being. They are

- ⊕ **A sense of sacramentality**
- ⊕ **A commitment to community**
- ⊕ **A respect for the dignity of human life and a commitment to justice**
- ⊕ **A reverence for Scripture and Tradition**
- ⊕ **A disposition to faith and hope, not despair**

The twenty-one practices that flow from these characteristics are each identified and explained, enabling you to reflect on how to incorporate them into your daily living over time.

The Spiritual Mentoring Sessions

Mentoring relationships are somewhat informal and do not follow a rigid format. However, here are a few general guidelines to follow:

1. Mentoring sessions should occur on a regular basis. Frequency can be determined by you and your partner's schedules; however, it is recommended that sessions take place once or twice per month over the course of a year.
2. Mentoring sessions can take place anywhere that is convenient and conducive to talking and listening. The first session will take place at the parish as part of the initial gathering. After that, you and your partner may meet in one of your homes, at a quiet restaurant, in a car while commuting together, while taking a walk, or in a space provided by your parish.
3. On the average, mentoring sessions last between thirty and sixty minutes, but they may last as long as needed for both of you to talk and listen. Here is a recommended format for the sessions:
 - a. **Before the session, the mentor and apprentice individually prepare by reading the assigned chapter of *Practice Makes Catholic* and then completing the "Before the Session" section of the corresponding chapter in the workbook.**
 - b. **Each session follows this suggested format:**
 1. Begin by discussing your reflections on the most recent action plan (from "Before the Session"). Share thoughts about what worked and what didn't work. Ask questions and consider suggestions for making this a regular part of daily life.

When you're ready to move on, discuss the assigned chapter in general (i.e. your favorite parts, best insight).

2. Apprentice: ask questions about anything in the chapter you didn't understand.
3. Together, share to what extent you have already integrated this practice in your daily living.
4. Mentor: share whatever insights, experiences, and advice you have about the practice. Discuss these.
5. Together, review and discuss the "Practical Suggestions" section of the assigned chapter of *Practice Makes Catholic*.
6. Discuss the suggestions that you're most interested in pursuing.
7. Apprentice: ask questions about any suggestions you don't fully understand.
8. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and your next session. Together, commit to this plan of action.
9. Close the session by reading aloud the Scripture passage and Prayer from the last page of the assigned chapter of *Practice Makes Catholic*.

c. Following the session, the mentor and apprentice individually complete the "After the Session" section of the workbook for the corresponding chapter.

Be flexible. There is no one way for a mentoring relationship to work. Make it fit your needs. If you have any questions about the mentoring process, don't hesitate to get in touch with your program coordinator or contact Joe Paprocki at Joe@catechistsjourney.com.

Now, start practicing!



A SENSE OF SACRAMENTALITY

Practices that will help me deepen my awareness
and recognition of God's presence in all things
and in all people.

(See page 1 of *Practice Makes Catholic* for a description of a Catholic
sense of sacramentality.)

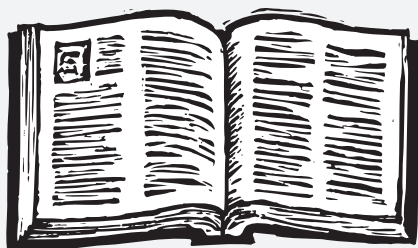
Practice 1: Use Sacramentals

Practice 2: Mark Time the Catholic Way

Practice 3: Fast and Abstain

Practice 4: Speak the Language of Mystery

Practice 5: Pray Sacramentally



Spiritual Mentoring Session 1

Use Sacramentals

Before the Session

FOR MENTORS AND APPRENTICES:

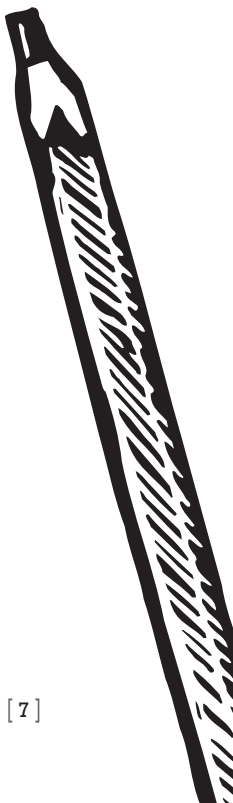
- ⊕ Read “Practice 1: Use Sacramentals” (*Practice Makes Catholic* 3-11)
- ⊕ Describe to what extent you use sacramentals already:

FOR MENTORS ONLY:

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to the use of sacramentals?

During the Session

1. Begin by discussing the chapter in general (i.e. your favorite parts, best insight, etc.)
2. Apprentice: ask questions about anything in the chapter you didn't understand.
3. Together, share to what extent you are already using sacramentals in daily life (from “Before the Session” above).



4. Mentor: share whatever insights, experiences, and advice you have about using sacramentals (from “Before the Session” above). Discuss these.
5. Together, review and discuss the “Practical suggestions for practicing the use of sacramentals” on pages 10–11 of *Practice Makes Catholic*.
6. Discuss the suggestions that you’re most interested in pursuing.
7. Apprentice: ask questions about any suggestions you don’t fully understand.
8. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.

9. Close the session by reading aloud the Scripture passage and Prayer on page 11 of *Practice Makes Catholic*.
10. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES:

- ⊕ What was the best insight or wisdom that came out of this session about the use of sacramentals?



FOR MENTORS AND APPRENTICES:

- ⊕ How do you see the practice of using sacramentals fitting into your life in the future? What is your goal for this practice?

Spiritual Mentoring Session 2

Mark Time the Catholic Way

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 2: Mark Time the Catholic Way" (*Practice Makes Catholic*, 13-21)

- ⊕ Describe to what extent you already mark time the Catholic way:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to marking time the Catholic way?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 2 (“Mark Time the Catholic Way”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you are already mark time the Catholic way in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about marking time the Catholic way (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for marking time” on pages 20–21 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 21 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about marking time the Catholic way?**

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of marking time the Catholic way fitting into your life in the future? What is your goal for this practice?**

Spiritual Mentoring Session 3

Fast and Abstain

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 3: Fast and Abstain" (*Practice Makes Catholic*, 23-31).

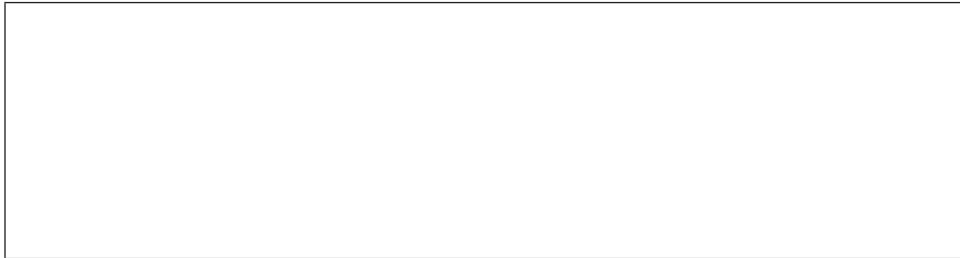
- ⊕ Describe to what extent you already fast and abstain:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to fasting and abstaining?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 3 (“Fast and Abstain”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand
4. Together, share to what extent you already fast and abstain in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about fasting and abstaining (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing fasting and abstaining from meat” on pages 29–30 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 31 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about fasting and abstaining?

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of fasting and abstaining fitting into your life in the future? What is your goal for this practice?

Spiritual Mentoring Session 4

Speak the Language of Mystery

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 4: Speak the Language of Mystery" (*Practice Makes Catholic*, 33-41).

- ⊕ Describe to what extent you already speak the language of mystery:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to speaking the language of mystery?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 4 (“Speak the Language of Mystery”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already speak the language of mystery in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about speaking the language of mystery (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing the language of mystery” on pages 40–41 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 41 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about speaking the language of mystery?**

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of speaking the language of mystery fitting into your life in the future? What is your goal for this practice?**

Spiritual Mentoring Session 5

Pray Sacramentally

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 5: Pray Sacramentally" (*Practice Makes Catholic*, 43-52).

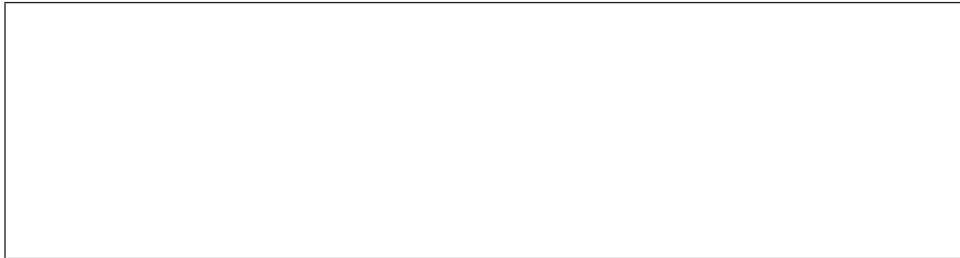
- ⊕ Describe to what extent you already pray sacramentally:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice do you have to offer your apprentice with regard to the practice of praying sacramentally?

During the Session

1. Begin by discussing your reflections on your most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 5 (“Pray Sacramentally”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already pray sacramentally in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about praying sacramentally (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing sacramental prayer” on pages 51–52 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 52 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session:

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about praying sacramentally?

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of praying sacramentally fitting into your life in the future? What is your goal for this practice?

A COMMITMENT TO COMMUNITY

Practices that will help me deepen my ties to community and practice my responsibility to care for my brothers and sisters.

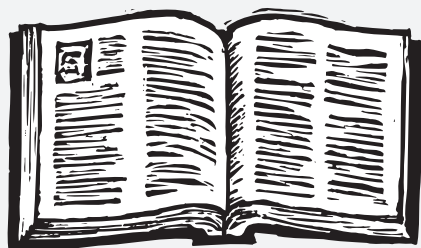
(See page 53 of *Practice Makes Catholic* for a description of Catholic commitment to community.)

Practice 6: Be a Good Steward

Practice 7: Share the Gifts of the Holy Spirit

Practice 8: Pray with the Whole Church

Practice 9: Welcome One Another



Spiritual Mentoring Session 6

Be a Good Steward

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 6: Be a Good Steward" (*Practice Makes Catholic*, 55-63).

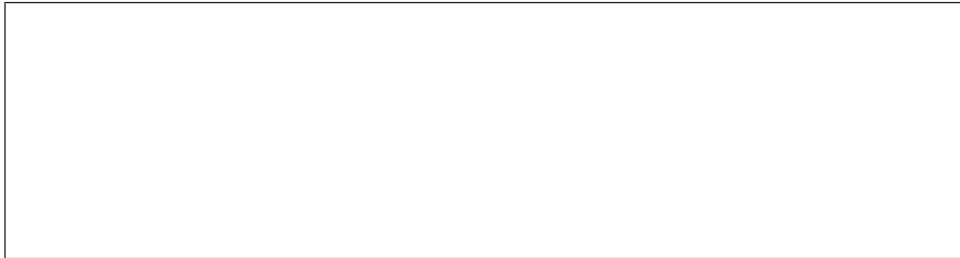
- ⊕ Describe to what extent you already practice being a good steward:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to being a good steward?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 6 (“Be a Good Steward”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already practice being a good steward in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about being a good steward (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing stewardship and solidarity” on pages 61–62 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 63 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about practicing being a good steward?

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of being a good steward fitting into your life in the future? What is your goal for this practice?

Spiritual Mentoring Session 7

Share the Gifts of the Holy Spirit

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 7: Share the Gifts of the Holy Spirit" (*Practice Makes Catholic*, 65-72).

- ⊕ Describe to what extent you already share the gifts of the Holy Spirit:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to sharing the gifts of the Holy Spirit?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 7 (“Share the Gifts of the Holy Spirit”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already share the gifts of the Holy Spirit in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about sharing the gifts of the Holy Spirit (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing the gifts of the Spirit” on page 71 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.

10. Close the session by reading aloud the Scripture passage and Prayer on page 72 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about sharing the gifts of the Holy Spirit?**

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of sharing the gifts of the Holy Spirit fitting into your life in the future? What is your goal for this practice?**

Spiritual Mentoring Session 8

Pray with the Whole Church

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 8: Pray with the Whole Church" (*Practice Makes Catholic*, 73-80).

- ⊕ Describe to what extent you already pray with the whole Church:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to praying with the whole Church?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 8 (“Pray with the Whole Church”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already pray with the whole Church in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about praying with the whole Church (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing praying with Mary and with/for the communion of saints and the souls in purgatory” on page 79 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 80 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about praying with the whole Church?

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of praying with the whole Church fitting into your life in the future? What is your goal for this practice?

Spiritual Mentoring Session 9

Welcome One Another

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 9: Welcome One Another" (*Practice Makes Catholic*, 81-86).

- ⊕ Describe to what extent you already welcome others:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to welcoming others?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 9 (“Welcome One Another”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already welcome others in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about welcoming others (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing hospitality” on page 85 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 86 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- +** What was the best insight or wisdom that came out of this session about welcoming others?

FOR MENTORS AND APPRENTICES

- +** How do you see the practice of welcoming others fitting into your life in the future? What is your goal for this practice?

A RESPECT FOR HUMAN LIFE

Practices that will help me deepen my respect for all human life and promote and defend that dignity.

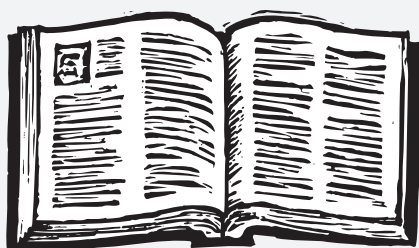
(See page 87 of *Practice Makes Catholic* for a description of Catholic respect for human life.)

Practice 10: Show Mercy

Practice 11: Do Justice and Live Virtuously

Practice 12: Work for the Common Good

Practice 13: Keep the Ten Commandments



Spiritual Mentoring Session 10

Show Mercy

FOR AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 10: Show Mercy" (*Practice Makes Catholic*, 89-96).

- ⊕ Describe to what extent you already show mercy:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to showing mercy?

During the Session

1. Begin by discussing together your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 10 (“Show Mercy”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand
4. Together, share to what extent you already show mercy in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about the practice of showing mercy (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing the corporal works of mercy” on p 94–95 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and your next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 96 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about showing mercy?**

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of showing mercy fitting into your life in the future? What is your goal for this practice?**

Spiritual Mentoring Session 11

Do Justice and Live Virtuously

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 11: Do Justice and Live Virtuously" (*Practice Makes Catholic*, 97-106).

- ⊕ Describe to what extent you already do justice and live virtuously:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to doing justice and living virtuously?

During the Session

1. Begin by discussing together your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 11 (“Do Justice and Live Virtuously”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already do justice and live virtuously in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about doing justice and living virtuously (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing the virtues and social justice” on page 105–106 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



12. Close the session by reading aloud the Scripture passage and Prayer on page 106 of *Practice Makes Catholic*.
13. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about doing justice and living virtuously?

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of doing justice and living virtuously fitting into your life in the future? What is your goal for this practice?

Spiritual Mentoring Session 12

Work for the Common Good

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 12: Work for the Common Good" (*Practice Makes Catholic*, 107-116).

- ⊕ Describe to what extent you already work for the common good:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to working for the common good?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 12 (“Work for the Common Good”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already work for the common good in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about working for the common good (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing the Catholic Social Teachings” on pages 114–115 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.

12. Close the session by reading aloud the Scripture passage and Prayer on page 116 of *Practice Makes Catholic*.
13. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about working for the common good?**

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of working for the common good fitting into your life in the future? What is your goal for this practice?**

Spiritual Mentoring Session 13

Keep the Ten Commandments

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 13: Keep the Ten Commandments" (*Practice Makes Catholic*, 117-126).

- ⊕ Describe to what extent you already keep the Ten Commandments:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to keeping the Ten Commandments?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 13 (“Keep the Ten Commandments”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already keep the Ten Commandments in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about keeping the Ten Commandments (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing the commandments” on pages 124–126 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 126 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about keeping the Ten Commandments?**

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of keeping the Ten Commandments fitting into your life in the future? What is your goal for this practice?**

A REVERENCE FOR SCRIPTURE AND TRADITION

Practices that will help me learn more
about my faith and my faith heritage.

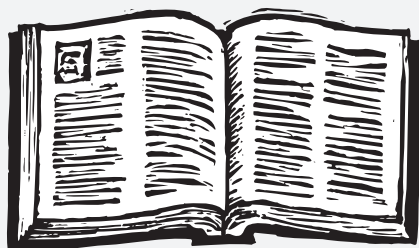
(See page 127 of *Practice Makes Catholic* for a description
of Catholic reverence for Scripture and tradition.)

Practice 14: Make a Pilgrimage

Practice 15: Befriend the Saints

Practice 16: Study Scripture, Tradition, and
Catholic Literature

Practice 17: Learn Traditional Prayers



Spiritual Mentoring Session 14

Make a Pilgrimage

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 14: Make a Pilgrimage" (*Practice Makes Catholic*, 129-135).

- ⊕ Describe any experiences you have had with making a pilgrimage:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to making a pilgrimage?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 14 (“Make a Pilgrimage”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share any experiences you have had with making a pilgrimage in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about making a pilgrimage (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing pilgrimages” on pages 134–135 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 135 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about making a pilgrimage?

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of making a pilgrimage fitting into your life in the future? What is your goal for this practice?

Spiritual Mentoring Session 15

Befriend the Saints

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 15: Befriend the Saints" (*Practice Makes Catholic*, 137-143).
- ⊕ Describe to what extent you already befriend the saints:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to befriending the saints?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 15 (“Befriend the Saints”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already befriend the saints in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about befriending the saints (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing study of the lives of the saints” on pages 141–142 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 143 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES:

- +** What was the best insight or wisdom that came out of this session about befriending the saints?

FOR MENTORS AND APPRENTICES

- +** How do you see the practice of befriending the saints fitting into your life in the future? What is your goal for this practice?

Spiritual Mentoring Session 16

Study Scripture, Tradition, and Catholic Literature

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 16: Study Scripture, Tradition, and Catholic Literature" (*Practice Makes Catholic*, 145-154).

- ⊕ Describe to what extent you already study Scripture, Tradition, and Catholic literature:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to studying Scripture, Tradition, and Catholic literature?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 16 (“Study Scripture, Tradition, and Catholic Literature”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already study Scripture, Tradition, and Catholic literature in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about studying Scripture, Tradition, and Catholic literature (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing study” on pages 153–154 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 154 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about studying Scripture, Tradition, and Catholic literature?

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of studying Scripture, Tradition, and Catholic literature fitting into your life in the future? What is your goal for this practice?

Spiritual Mentoring Session 17

Learn Traditional Prayers

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 17: Learn Traditional Prayers" (*Practice Makes Catholic*, 155-162).

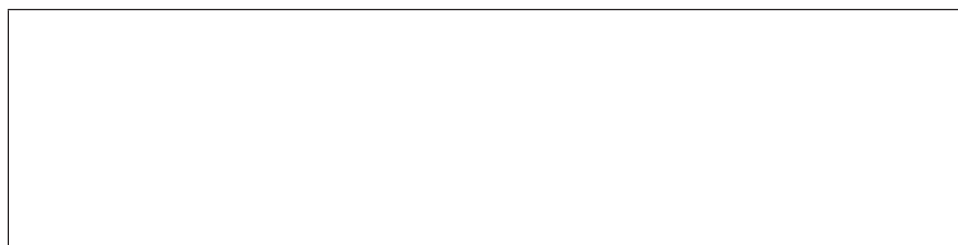
- ⊕ Describe to what extent you already use traditional prayers:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to learning traditional prayers?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 17 (“Learn Traditional Prayers”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already use traditional prayers in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about using traditional prayers (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing traditional prayers and doctrinal formulas” on pages 161–162 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 162 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about learning traditional prayers?**

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of learning traditional prayers fitting into your life in the future? What is your goal for this practice?**

AN ATTITUDE OF FAITH AND HOPE

Practices that will help me cultivate and spread a healthy attitude that promotes faith.

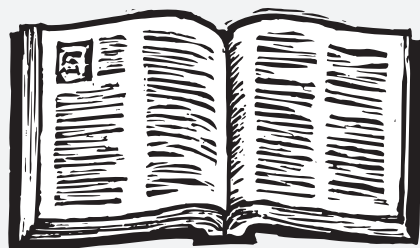
(See page 163 of *Practice Makes Catholic* for a description of the Catholic attitude of faith and hope.)

Practice 18: Adjust Your Attitude

Practice 19: Comfort One Another

Practice 20: Keep a Song in Your Heart

Practice 21: Make a Retreat



Spiritual Mentoring Session 18

Adjust Your Attitude

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 18: Adjust Your Attitude" (*Practice Makes Catholic*, 165-172).
- ⊕ Describe to what extent you already try to practice a Christian attitude:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to practicing a Christian attitude?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 18 (“Adjust Your Attitude”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share any experiences you have had with practicing a Christian attitude in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about practicing a Christian attitude (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing the fruits of the Holy Spirit, the theological virtues, and the Beatitudes” on pages 170–172 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 172 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES:

- ⊕ What was the best insight or wisdom that came out of this session about practicing a Christian attitude?**

FOR MENTORS AND APPRENTICES

- ⊕ How do you see practicing a Christian attitude fitting into your life in the future? What is your goal for this practice?**

Spiritual Mentoring Session 19

Comfort One Another

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 19: Comfort One Another" (*Practice Makes Catholic*, 173–181).

- ⊕ Describe to what extent you already practice the spiritual works of mercy:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to practicing the spiritual works of mercy?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 19 (“Comfort One Another”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already practice the spiritual works of mercy in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about practicing the spiritual works of mercy (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing the spiritual works of mercy” on pages 179–180 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 181 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES

- ⊕ What was the best insight or wisdom that came out of this session about practicing the spiritual works of mercy?**

FOR MENTORS AND APPRENTICES

- ⊕ How do you see practicing the spiritual works of mercy fitting into your life in the future? What is your goal for this practice?**

Spiritual Mentoring Session 20

Keep a Song in Your Heart

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 20: Keep a Song in Your Heart" (*Practice Makes Catholic*, 183-192).

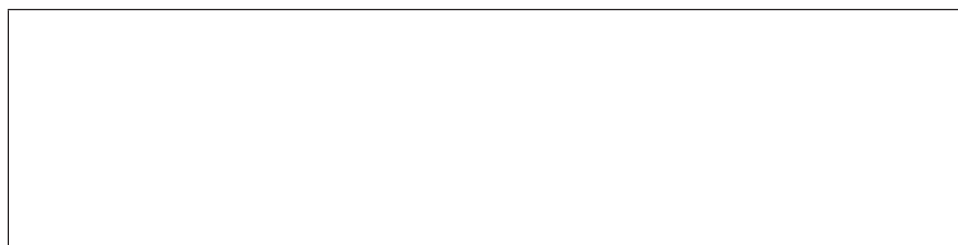
- ⊕ Describe to what extent you already keep a song in your heart:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to keeping a song in your heart?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 20 (“Keep a Song in Your Heart”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share to what extent you already keep a song in your heart in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about keeping a song in your heart (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing singing” on page 191 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 192 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES:

- ⊕ What was the best insight or wisdom that came out of this session about keeping a song in your heart?**

FOR MENTORS AND APPRENTICES

- ⊕ How do you see the practice of keeping a song in your heart fitting into your life in the future? What is your goal for this practice?**

Spiritual Mentoring Session 21

Make a Retreat

Before the Session

FOR MENTORS AND APPRENTICES

- ⊕ Evaluate your recent action plan and describe your experience of trying to implement it.

- ⊕ Read "Practice 21: Make a Retreat" (*Practice Makes Catholic*, 193-200).

- ⊕ Describe any experiences you have had of making a retreat:

FOR MENTORS ONLY

- ⊕ What insights, experiences, and advice can you offer your apprentice with regard to making a retreat?

During the Session

1. Begin by discussing your reflections on the most recent action plan (from “Before the Session”). Share thoughts about what worked and what didn’t work. Ask questions and consider suggestions for making this a regular part of daily life.
2. When you’re ready to move on, discuss Practice 21 (“Make a Retreat”) in general (i.e. your favorite parts, best insight).
3. Apprentice: ask questions about anything in the chapter you didn’t understand.
4. Together, share any experiences you have had with making a retreat in daily life (from “Before the Session” above).
5. Mentor: share whatever insights, experiences, and advice you have about making a retreat (from “Before the Session” above). Discuss these.
6. Together, review and discuss the “Practical suggestions for practicing retreat” on page 198–199 of *Practice Makes Catholic*.
7. Discuss the suggestions that you’re most interested in pursuing.
8. Apprentice: ask questions about any suggestions you don’t fully understand.
9. Together, formulate a simple plan of action for incorporating one or more of these suggestions (or one of your own choosing) into your daily living between now and the next session. Together, commit to this plan of action.



10. Close the session by reading aloud the Scripture passage and Prayer on page 200 of *Practice Makes Catholic*.
11. Agree on the day, time, and location of your next session.

After the Session

FOR MENTORS AND APPRENTICES:

- ⊕ What was the best insight or wisdom that came out of this session about making a retreat?

FOR MENTORS AND APPRENTICES:

- ⊕ How do you see the practice of making a retreat fitting into your life in the future? What is your goal for this practice?

