



SEASON 10 EP.9

Sister: Communion & Acceptance—Casting A Vision Of Sisterhood



GROUP QUESTIONS

1. What stood out to you from this week's episode?
2. Which women walked you through milestone experiences in your life and how did that impact your experience of these seasons? Are there experiences you had to figure out on your own?
3. How have times of isolation impacted the guidance and sisterhood you want to provide for women who may be a season behind you in life?
4. How have women friendships and relationships been modeled for you throughout life?
5. Where is God inviting you to take initiative to cast a new vision of sisterhood?

LECTIO DIVINA

“...When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed: 'Blessed are you among women, and blessed is the child you will bear!...Blessed is she who has believed that the Lord would fulfill his promises to her!' And Mary proclaimed: My soul glorifies the Lord, and my spirit rejoices in God my Savior, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me—holy is his name...” - Luke 1:39-56

JOURNAL QUESTIONS

1. Ask yourself, "Am I the kind of friend, am I the kind of sister that I would like in my life?" Take some time to reflect on your answer and why or why not. Ask the Lord to reveal where you need to grow to be a better sister.
2. Ask the Lord to reveal the beautiful things about women who are sisters alongside of us. If you can, reach out to say thank you in a specific way.
3. If you feel you are lacking this authentic sisterhood, take an inventory of where you are and what you are longing for. Ask yourself, "What can I do to move this one step forward in creating or finding sisterhood right now?"

QUOTE TO PONDER

“In all these areas a greater presence of women in society will prove most valuable, for it will help to manifest the contradictions present when society is organized solely according to the criteria of efficiency and productivity, and it will force systems to be redesigned in a way which favors the processes of humanization which mark the civilization of love.” - Pope St. John Paul II, Letter to Women