

SEASON 13 — EPISODE 4

Sacrament of the Present Moment



GROUP QUESTIONS

1. What is distracting you from the present moment in your daily life?
2. Do you have a favorite way to bring yourself back to the present moment?
3. What battles are you fighting that God isn't asking you to fight that are costing your attention?
4. How is my current relationship with my content and media consumption?

JOURNAL QUESTIONS

1. Do I live like a tourist or a pilgrim?
2. Do I live like a consumer or a cultivator?
3. How does the Lord want to reorder my loves?
4. Where in my life do I feel hurried? Am I the source of hurry or is the source external?
5. What specific duties of my vocation am I avoiding or too distracted to fulfill?

QUOTES TO PONDER

“If we have abandoned ourselves to God, there is only one rule for us: the duty of the present moment.”
— Jean-Pierre de Caussade, Abandonment to Divine Providence

“Never let yourself think that because God has given you many things to do for Him: pressing routine jobs, a life full up with duties and demands of a very practical sort that all these need separate you from communion with Him. God is always coming to you in the Sacrament of the Present Moment. Meet and receive Him there with gratitude in that sacrament; however unexpected its outward form may be, receive Him in every sight and sound, joy, pain, opportunity and sacrifice.”
— Evelyn Underhill

LECTIO DIVINA

“But strive first for the kingdom of God and his [r]ighteousness, and all these things will be given to you as well. “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.”
— Matthew 6: 33-34