



SEASON 12 — EPISODE 8

Lenten Book Study Pt. 1: Be Transformed with Special Guest and Author Dr. Bob Schuchts

GROUP QUESTIONS

1. How have you been approaching the Sacraments?
2. Have you had an experience where Christ encountered you deeply in the Sacraments? Please share.
3. Where in my life do I observe how each of the Sacraments impact my identity and my relationships?
4. What fears, concerns, or intrigue do you have about this upcoming season of Lent and diving into the Sacraments?

LECTIO DIVINA

“All of us, gazing with unveiled faces on the glory of the Lord, are being transformed into the same image from glory to glory.” — 2 Corinthians 3:18

JOURNAL QUESTIONS

1. What am I seeking from Christ in the Sacraments this Lent?
2. How do I currently engage in the Sacramental life of the Church?
3. Where in my life do I need more humility?
4. How can I create more space for communion with others in my life, my home, my church, and my community?

QUOTES TO PONDER

"Celebrated worthily in faith, the sacraments confer the grace that they signify. They are efficacious because in them Christ himself is at work: it is he who baptizes, he who acts in his sacraments in order to communicate the grace that each sacrament signifies. The Father always hears the prayer of his Son's Church which, in the epiclesis of each sacrament, expresses her faith in the power of the Spirit. As fire transforms into itself everything it touches, so the Holy Spirit transforms into the divine life, whatever is subjected to his power." (CCC# 1127)

“The desire and work of the Spirit in the heart of the Church is that we may live the life of the risen Christ.” (CCC #1099)

The sacraments are God’s chosen remedy for healing our deadly wounds and infusing our souls with Christ’s resurrection life. - Be Transformed, pg xv