



SEASON 12 — EPISODE 10

Lent Book Study Part 3: Communion and Confirmation

GROUP QUESTIONS

1. What in my life and heart hinders the Sacrament of Holy Communion from fully transforming me?
2. What do you believe was present in the early Church community that is missing today in our communities?
3. When have I experienced the fruits of Confirmation in my life?
4. Where in my life do I need the Holy Spirit to overwhelm my fear?

LECTIO DIVINA

“I have the strength for everything through him who empowers me” (Phil 4:13).

JOURNAL QUESTIONS

1. When and how have you experienced the pain of abandonment in your life?
2. How has Christian community either reinforced or healed those wounds?
3. What are the obstacles that prevent me from loving Him fully and receiving His Love fully?
4. When do I resist the embrace of the Lord?

QUOTES TO PONDER

“Whoever eats my flesh and drinks my blood remains in me and I in him” — John 6:56

“Anointing is not an act, but rather a state or mode of being and behaving and, so to say, a whole style of living.”

— Fr. Raniero Cantalamessa (Be Transformed, pg 74)

