



SEASON 12 — EPISODE 18

Family Systems with Special Guest Sr. Josephine

GROUP QUESTIONS

1. How have I experienced wounds in community? How have I experienced healing in community?
2. How is the Lord inviting you and your family to greater healing and holiness?
3. Was there anything from this episode that stuck out to you or surprised you?
4. How do you struggle with setting boundaries with your family?

LECTIO DIVINA

“Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.” - 1 John 4:7

JOURNAL QUESTIONS

1. What does a healthy relationship look like with myself? With others? With God?
2. How have I experienced healing in my relationships, family, and friendships?
3. Where in my family and family systems do I lack hope?
4. How am I striving for perfection in my family?

QUOTE TO PONDER

“The first and fundamental structure for “human ecology” is the family, in which man receives his first formative ideas about truth and goodness, and learns what it means to love and to be loved, and thus what it actually means to be a person.”

— Pope John Paul II