

# REDEEMING & DECLARING

*This Present Paradise: Part 3*

## *Group Questions*

1. What struck you from this week's episode?
2. What practical ways can we practice silence in a noisy world full of distractions?  
How can we begin to cultivate silence and recollection in our lives this Lent?
3. Looking at your life and losses, where have you seen God be a redeemer, restorer, and rescuer? Thinking of the last year, what is a situation or loss that you would like to pray for God's redemption?
4. What is the motto of your life?

## *Lectio Divina*

"You have found favor in my sight, and I know you by name." - Exodus 33:17

## *Journal Questions*

1. Take some time to think about your life motto. Sister Miriam describes this as "an expressed summary of intimacy with God or how he sees us and how we see him."  
How can you remind yourself of this each day?
2. Reflect on the past year and some of the big and small losses you have experienced. Pray with Psalm 18:19 and have a conversation with God about your desires for redemption and restoration.
3. What is one area of woundedness you would like to invite Christ to come close to and kiss? Take a moment of prayer to allow Christ to do this.

## *Quote to Ponder*

"God in me, I in him." - St. Elizabeth of the Trinity