

# PERSONAL HOLINESS,

*Personal Mission*

SEASON 8 EP. 3

## *Group Questions*

1. What struck you from this week's episode?
2. Holiness is more about being than doing. Who is someone you would describe as "holy" and why?
3. Michelle spoke about our attachment to our phones, especially at the start and end of the day. How does this affect you and what is a practical change you can make to give your "first fruits" to the Lord?
4. After listening to this week's episode, how have you been challenged to pursue holiness by pursuing union and intimacy with God?

## *Lectio Divina*

"Instead, as He who called you is holy, be holy yourselves in all your conduct; for it is written, 'You shall be holy, for I am holy.'" - 1 Peter 1:15-16

## *Journal Questions*

1. Sr Miriam described holiness as the fullness of Christ being made present through us. What is one specific thing that is blocking Jesus from being present in and through you?
2. Heather shared about the importance of fasting and strengthening the "will muscle." What is one tangible way you could do to choose something difficult to strengthen your will?
3. What is the Lord inviting you to root out of your life—gossip, resentment, bitterness, grudges, judgment, self-righteousness, self-pity, selfishness—in order to cultivate the fruits of the Holy Spirit and grow in holiness?
4. Spend some time in prayer today to recommit to pursuing holiness and union with Jesus.

## *Quote to Ponder*

"Holiness is the most attractive face of the Church." - Pope Francis

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PODCAST

