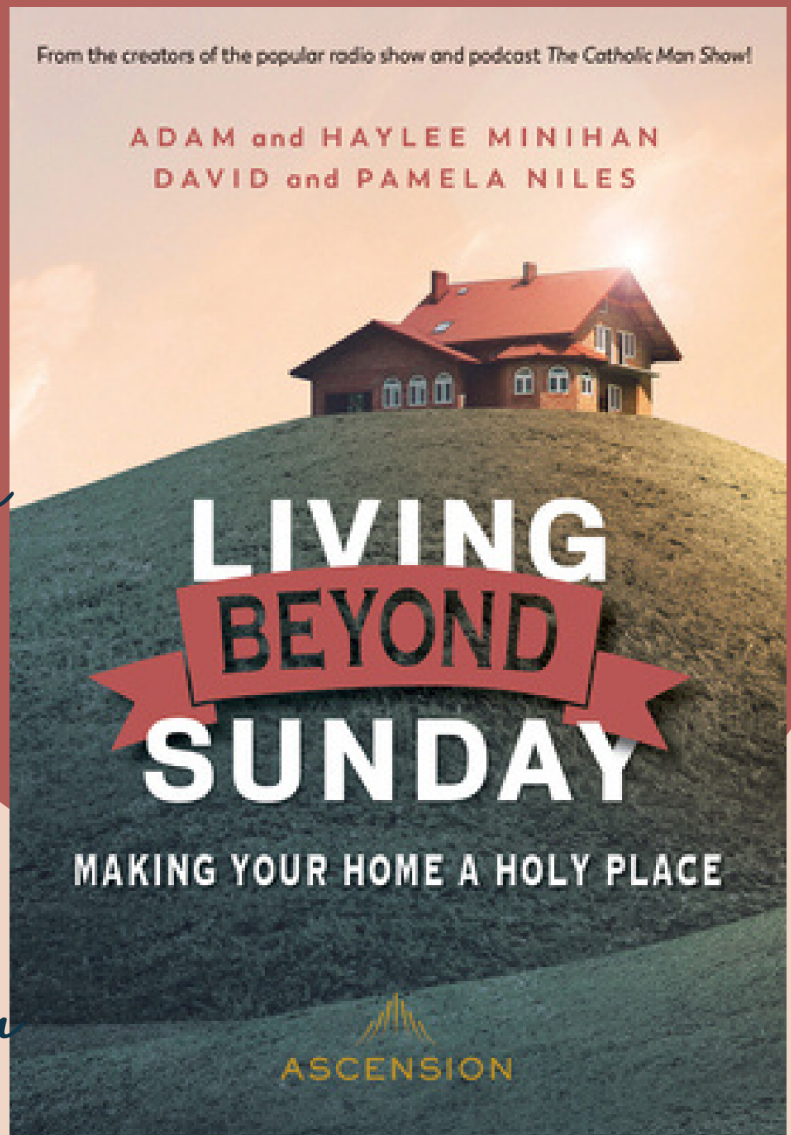


Discussion Guide

- 2-3 Discussion Questions per chapter
- Verse for Lectio Divina
- Prayer Challenge for the week



Rosary reflections to build the domestic church

Adoration and Confession Guide

Introduction

Discussion Questions

- What do you think of when you hear the term "domestic church"?
- What is one way you can close the gap of real life vs. making your home a domestic church?
 - ex: praying before meals, Sunday routines, nightly prayers, ect....

Scripture for Lectio Divina

GENESIS 1:28

- **Lectio:** READ the passage out loud together and become familiar with the text
 - Silently read the passage slowly to yourself
 - Very, very slowly read the passage a third time, paying attention to the words and phrases that rest in your heart. What is God speaking to YOU through this passage?
- **Meditatio:** REFLECTION - What is God saying to you in this passage?
Write it out here
- **Oratio:** PRAYER - Turn your ponderings into a prayer and write that prayer out here
- **Contemplatio:** CONTEMPLATION - sit with what God is saying to you and reflect with gratitude and share it with the group

Prayer Challenge

- *Pray that you will find some insights in this book that will help you build and strengthen your own domestic church.*

Saints Anne & Joachim, pray for us.

1. Building the Domestic Church

Discussion Questions

- How can you, or how are you making your home like a "church away from church?" (pg 4-5)
- What is one thing you are feeling convicted of when you read the sentence on page 4, "we should strive to make our home a sanctuary from temptation, consumerism, and relativism."

Scripture for Lectio Divina

JOHN 24:15

- **Lectio:** READ the passage out loud together and become familiar with the text
 - Silently read the passage slowly to yourself
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- **Oratio:** PRAYER - Turn your ponderings into a prayer and write that prayer out here
- **Contemplacio:** CONTEMPLATION - sit with what God is saying to you and reflect with gratitude and share it with the group

Prayer Challenge

- *Pray a rosary to build your domestic church this week*
Saints Anne & Joachim, pray for us.

2. Marriage: The Heart of the Domestic Church

Discussion Questions

- What did you think when they said "Our faith teaches us that the relationship between spouses is the most important relationship to be fueled in the home." ? (pg 9)
- Which one of the 6 examples can you improve on to help strengthen your marriage?

Scripture for Lectio Divina

EPHESIANS 5:33

- **Lectio:** READ the passage out loud together and become familiar with the text
 - Silently read the passage slowly to yourself
 - Very, very slowly read the passage a third time, paying attention to the words and phrases that rest in your heart. What is God speaking to YOU through this passage?
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- **Contemplatio:** CONTEMPLATION - sit with what God is saying to you and reflect with gratitude and share it with the group

Prayer Challenge

- *Pray the Prayer of Married Persons every day this week for a strengthening of your marriage*
Saints Anne & Joachim, pray for us.

3. Fatherhood and the Domestic Church

Discussion Questions

- How do you see Fatherhood protecting the family against secularism, consumerism, violence, and pornography? (pg 19)
- What traditions do you have in your home that help to cultivate quality family time? (pg 21)

Scripture for Lectio Divina

EPHESIANS 3:14-15

- **Lectio:** READ the passage out loud together and become familiar with the text
 - Silently read the passage slowly to yourself
 - Very, very slowly read the passage a third time, paying attention to the words and phrases that rest in your heart. What is God speaking to YOU through this passage?
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- **Contemplatio:** CONTEMPLATION - sit with what God is saying to you and reflect with gratitude and share it with the group

Prayer Challenge

- Pray the Prayer for Fathers every day this week (pg. 27)
Saints Anne & Joachim, pray for us.

4. Motherhood and the Domestic Church

Discussion Questions

- What did you think about Bishop Olmstead's quote on the bottom of pg. 32? How has Satan made you busy and kept you from sitting down to eat together as a family?
- Which one of the Seven Sorrows of Mary resonates with you the most and why?

Scripture for Lectio Divina

PROVERBS 22:6

- **Lectio:** READ the passage out loud together and become familiar with the text
 - Silently read the passage slowly to yourself
 - Very, very slowly read the passage a third time, paying attention to the words and phrases that rest in your heart. What is God speaking to YOU through this passage?
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- **Oratio:** PRAYER - Turn your ponderings into a prayer and write that prayer out here
- **Contemplatio:** CONTEMPLATION - sit with what God is saying to you and reflect with gratitude and share it with the group

Prayer Challenge

- Pray the Prayer for Mothers every day this week. (pg 40)
Saints Anne & Joachim, pray for us.

5. Living Liturgically in the Domestic Church

Discussion Questions

- What does the term "living liturgically" mean to you?
- What is one way you live this in your home? What is one way you can improve on liturgical living in your home?
- How are you going to increase your family prayer time? (pg 45)

Scripture for Lectio Divina

2 TIMOTHY 4:7-8

- **Lectio:** READ the passage out loud together and become familiar with the text
 - Silently read the passage slowly to yourself
 - Very, very slowly read the passage a third time, paying attention to the words and phrases that rest in your heart. What is God speaking to YOU through this passage?
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Prayer Challenge

- Consider implementing a "Prayer Board" in your family prayer time this week.

Saints Anne & Joachim, pray for us.

6. The Language of the Domestic Church

Discussion Questions

- What is one way you use language to reflect gratitude and a willingness to help in the home? (pg 57)
- What is one way you can encourage piety and respect for authority within the home? (pg 59)

Scripture for Lectio Divina

ROMANS 10:17

- **Lectio:** READ the passage out loud together and become familiar with the text
 - Silently read the passage slowly to yourself
 - Very, very slowly read the passage a third time, paying attention to the words and phrases that rest in your heart. What is God speaking to YOU through this passage?
- **Meditatio:** REFLECTION - What is God saying to you in this passage? Write it out here
- **Oratio:** PRAYER - Turn your ponderings into a prayer and write that prayer out here
- **Contemplatio:** CONTEMPLATION - sit with what God is saying to you and reflect with gratitude and share it with the group

Prayer Challenge

- Start every day praying the Prayer on Page 60
Saints Anne & Joachim, pray for us.

7. The Home of the Domestic Church

Discussion Questions

- What are ways you can make the rooms of your home more of a domestic church? Taking into consideration each room's specific function as listed in the book
- Looking at the list of practical suggestions on pages 67-68, which one are you good at? Which one can you improve on?

Scripture for Lectio Divina

PSALM 84

- **Lectio:** READ the passage out loud together and become familiar with the text
 - Silently read the passage slowly to yourself
 - Very, very slowly read the passage a third time, paying attention to the words and phrases that rest in your heart. What is God speaking to YOU through this passage?
- **Meditatio:** REFLECTION - What is God saying to you in this passage? Write it out here
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- **Contemplatio:** CONTEMPLATION - sit with what God is saying to you and reflect with gratitude and share it with the group

Prayer Challenge

- Sit and pray with Psalm 84 each day this week, letting something different resonate with you for that day

Saints Anne & Joachim, pray for us.

8. Holy Leisure in the Domestic Church

Discussion Questions

- If the end of this life is so we may rest in God, how are you rightly preparing yourself for this? How are you preparing your family for this? (pg 72)
- What is one way you, as a family participate in the concept that the Fathers of the Church referred to as *otium sanctum*, of "holy leisure" (pg 74)

Scripture for Lectio Divina

HEBREWS 4:1

- **Lectio:** READ the passage out loud together and become familiar with the text
 - Silently read the passage slowly to yourself
 - Very, very slowly read the passage a third time, paying attention to the words and phrases that rest in your heart. What is God speaking to YOU through this passage?
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- **Contemplatio:** CONTEMPLATION - sit with what God is saying to you and reflect with gratitude and share it with the group

Prayer Challenge

Every day this week ask God how you can incorporate more "holy leisure" into your daily living.

- *Saints Anne & Joachim, pray for us.*

9. Service in the Domestic Church

Discussion Questions

- How can you develop an attitude of service within your home?
- Do you know your spouse's love language? Do you know your children's love language? What is one way you can speak to each of their love languages?

Scripture for Lectio Divina

LUKE 6:34

- **Lectio:** READ the passage out loud together and become familiar with the text
 - Silently read the passage slowly to yourself
 - Very, very slowly read the passage a third time, paying attention to the words and phrases that rest in your heart. What is God speaking to YOU through this passage?
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Prayer Challenge

- Pray the Prayer of St. Ignatius of Loyola this week on Page 88
Saints Anne & Joachim, pray for us.

10. Hospitality in the Domestic Church

Discussion Questions

- Have you considered hospitality as a virtue before?
- What is one way you can implement hospitality into your life more?

Scripture for Lectio Divina

GENESIS 1:28

- **Lectio:** READ the passage out loud together and become familiar with the text
 - Silently read the passage slowly to yourself
 - Very, very slowly read the passage a third time, paying attention to the words and phrases that rest in your heart. What is God speaking to YOU through this passage?
- **Meditatio:** REFLECTION - What is God saying to you in this passage? Write it out here
- **Oratio:** PRAYER - Turn your ponderings into a prayer and write that prayer out here
- **Contemplatio:** CONTEMPLATION - sit with what God is saying to you and reflect with gratitude and share it with the group

Prayer Challenge

- Ask God how you can practice hospitality this week and then act on it.

Saints Anne & Joachim, pray for us.

Rosary: build a domestic church

JOYFUL MYSTERIES

REFLECTION WRITTEN BY: NATALIE GIFFORD

The Annunciation

Just as Mary gave her fiat to Gabriel to allowing the Lord to be with her, may we too give our fiat in saying Yes to allowing the Lord to come build our Domestic Church

FRUIT OF THE MYSTERY: HUMILITY

The Visitation

Just as Elizabeth greeted Mary, may we too extend love to our spouse, our children, our neighbors and all those God brings into our lives with joy

FRUIT OF THE MYSTERY: LOVE OF NEIGHBOR

The Birth of Jesus

Just as Mary and Joseph brought Jesus into the world through simple and humble means, may we too bring Jesus into our own hearts and homes simply and humbly.

FRUIT OF THE MYSTERY: POVERTY IN SPIRIT

The Presentation

Just as Mary and Joseph were obedient to taking Jesus to the temple, may we too be obedient to building our domestic Church to love and serve God in this life.

FRUIT OF THE MYSTERY: OBEDIENCE

Finding the Child Jesus in the Temple

Just as Mary and Joseph found Jesus in the temple, may we too find Jesus in the tabernacle. May we listen to Him, ask Him questions and be joyful that we have found Him.

FRUIT OF THE MYSTERY: JOY IN FINDING JESUS



WOMEN AT THE WELL

WOMEN AT THE WELL BRINGING IT TO YOUR PARISH

Encounter

- First Sunday of November
 - Sunday before Ash Wednesday
- One Book // One Speaker // One Hour of Adoration + Confessions

Gather

- Bring women together in any capacity you can to grow in Faith + Community

Disciple

- 4 Women
- One Hour
- Once a Week
- Doing Lectio Divina over Sunday's Gospel

Scripture for Lectio Divina

JOHN 4: 1-29

- *Lectio*: READ
- *Meditatio*: REFLECTION - What is God saying to you in this passage?

- *Oratio*: PRAYER - Turn your ponderings into a prayer

- *Contemplatio*: CONTEMPLATION

John 4:14 "Whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life"

Entering a Contemplative Holy Hour

- *Looking at God as He looks at you*

For the period of an "Our Father" imagine what it is like when God looks at you with love and delight.

- *Offering to God*

Offer to God your intentions and anything that may be a distraction in prayer.

- *Desire*

State your particular desire for that hour of prayer. Be concise and exact, for example, peace, consolation, resting in His presence, closeness to Jesus.

- *Scripture*

Read from scripture a passage that is helpful, or from your continued daily reading. Make sure it is not too long a passage, but a complete image or story.

- *Re - read Scripture*

Re-read the same passage again, this time imagining yourself in the passage. It may be as a person or as a spectator watching what Jesus does or says. Allow the Lord to work in your own heart. This part should be the bulk of the hour of prayer.

- *Colloquy*

Have a brief conversation with God the Father, Jesus the Son, the Holy Spirit and Mary about the hour. Tell them how good it was, what was hard, easy or real grace.

- *Journal*

Make sure to take the time to journal any major moments in the prayer, thoughts, feelings, desires and movements in your heart. Just make sure to not forget the journal part of every hour, it is very important for direction.

Lectio Divina

Lectio Divina is the practice of Reading Sacred Scripture together, reflecting on what it means to each personally, sharing your reflections and then resting in the message.

This will be a shared Echo - there is no wrong answer, just reflecting on the word, phrase or image that stood out to you. The sharing & listening is not a discussion that has a conclusion but the opening of our hearts to each other.

- Lectio: READ

Read the passage out loud together, then each person should read it silently and slowly reflecting on what word, phrase or image the Gospel message is saying to them personally.

- Meditatio: REFLECTION

Go around the room and ask What Does this Gospel say to you? Let each person have a chance to give a brief reflection on what word, phrase or image the Gospel message was saying to them as they were reading the passage.

- Oratio: PRAYER

Turn your ponderings into a prayer. Have each person write down their prayer of reflection and then have one person close by making a prayer from the heart over what the Gospel message was saying to the group.

- Contemplatio: CONTEMPLATION

Quiet and attentive resting in the presence of God. *Don't rush this step.* After the prayer is prayed have a moment of silence for each person to offer their prayer from the heart silently to the Father as a prayer of thanksgiving for the passage read.

Pray a communal Glory Be, Our Father, or Hail Mary to end the session

Confession Guide

- Pray
- Examine your Conscience

Act of Contrition

O my God, I am heartily sorry for having offended Thee. And I detest all my sins because I dread the loss of heaven and the pains of hell but, most of all, because they offend Thee, my God, Who are all good and deserving of all my love. And I firmly resolve with the help of Thy grace to confess my sins, to do penance and to amend my life. Amen.

10 Commandments

FIRST COMMANDMENT

"I am the Lord your God. You shall not have strange gods before Me."

- Did I love God with my whole heart?
- Did I give time to God each day in prayer?
- Did I willfully doubt or deny that God exists?
- Did I deny that I was Catholic?
- Did I have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV fame, pleasure, property, etc?

SECOND COMMANDMENT

"You shall not take the Name of the Lord your God in vain"

- Did I pay attention to the way my words affect others? Said hurtful things when angry or upset?
- Did I curse or misuse God's name carelessly or uselessly to express anger or frustration?
- Did I break a promise, oath or vow in God's name?

THIRD COMMANDMENT

"Remember to keep holy the Sabbath Day"

- Did I miss Mass on a Sunday or Holy Day of Obligation through my own fault?
- Did I come to Mass on time? Leave early?
- Did I do work on Sunday that was not necessary? Is Sunday as a day of rest and a family day?
- Have I taken time each week to pray and worship?
- Did I show reverence in the presence of Jesus in the Most Blessed Sacrament?

FOURTH COMMANDMENT

"Honor your father and your mother."

- Did I disobey or disrespect my parents or legitimate superiors?
- Did I neglect my duties to my parents, husband, wife, or children?
- Did I neglect to give good religious example to my family?
- Did I fail to actively take an interest in the religious education and formation of my children?
- Did I fail to educate myself on the true teachings of the church?
- Did I give scandal by what I said or did, especially to the young?
- Did I cause tension and fights in my family?
- Did I care for my aged and infirm relatives?

FIFTH COMMANDMENT

"You shall not kill."

- Did I value the life of each person I encounter?
- Did I take care of myself and encourage others to take good care of themselves?
- Did I get angry, impatient, envious, unkind, proud, revengeful, jealous, hateful toward another, lazy?
- Did I give bad example by drug abuse, drinking alcohol to excess, fighting, quarreling?
- Did I kill or physically injure anyone?
- Did I have an abortion, or advise someone else to have an abortion?
- Did I attempt suicide?
- Did I take part in or approve of "mercy killing" (euthanasia)?

EIGHTH COMMANDMENT

"You shall not bear false witness against your neighbor."

- Did I lie? Did I deliberately deceive or try to mislead others?
- Did I injure others by lies?
- Did I gossip or reveal others' faults or sins?
- Did I fail to keep secret what should be confidential?

SIXTH & NINTH COMMANDMENT

"You shall not commit adultery."

- Did I value and respect my sexuality?
- Did I respect others and try to develop healthy relationships, or have I thought of other people as objects?
- Did I try to control my thoughts? Did I willfully entertain impure thoughts or desires?
- Did I avoid the occasions of impurity?
- Did I use impure or suggestive words? Tell impure stories? Listen to them?
- Did I deliberately look at impure TV, videos, plays, pictures or movies? Deliberately read impure materials or seek impure websites?
- Did I commit impure acts by myself (masturbation)?

SEVENTH & TENTH COMMANDMENT

"You shall not steal." "You shall not covet your neighbor's goods."

- Did I steal, cheat, help or encourage others to steal or keep stolen goods?
- Have I made restitution for stolen goods?
- Did I fulfill my contracts; give or accept bribes; pay my bills; rashly gamble or speculate; deprive my family of the necessities of life?
- Did I waste time at work, school or at home?
- Did I give a full day's work for a full day's pay?
- Did I give a fair wage to my employees?
- Did I envy other people's families or possessions?
- Did I make material possessions the purpose of my life?

Other Sins

- Did I go to Holy Communion in a state of mortal sin? Without fasting (water and medicine permitted) for one hour from food and drink?
- Did I make a bad confession?
- Did I marry or advise anyone to marry outside the Church?

Rite of Eucharistic Exposition & Benediction Adoration

- Kneel

O Saving Victim

**O saving Victim, open
wide**

**The gate of heaven to
us below.**

**Our foes press on from
every side;**

**Your aid supply, your
strength bestow.**

**To your great name be
endless praise,**

**Immortal Godhead,
One in Three;**

**O grant us endless
length of days**

**In our true native
land with thee. Amen**

*O salutaris Hostia
Quae caeli pandis ostium;
Bella premunt hostilia,
Da robur, fer auxillium.*

*Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria.
Amen*

During this period there may be appropriate prayers, songs, readings from scripture, and a brief homily to help the congregation focus its attention to the worship of the Lord. It is important to remember that the Eucharist is the "Real Presence" of Jesus Christ. You may kneel or be seated for your private portion of adoration/devotion.

Benediction

After a period of meditation and reflection the celebrant goes to the altar, genuflects, and kneels. All kneel and join in singing the

Tantum Ergo.

*Down in adoration
falling,
This great Sacrament we
hail;
Over ancient forms of
worship
Newer rites of grace
prevail;
Faith will tell us Christ is
present,
When our human senses
fail.*

*To the everlasting Father,
And the Son who made
us free,
And the Spirit, God
proceeding
From them Each
eternally,
Be salvation, honor,
blessing,
Might and endless
majesty. Amen.*

*Tantum ergo
Sacramentum
Veneremur cernui,
Et antiquum
documentum
Novo cedat ritui;
Praestet fides
supplementum
Sensuum defectui.*

*Genitori Gentioque
Laus et jubilatio,
Salus, honor, virtus
quoque
Sit et benedictio;
Procedenti ab
utroque
Compar sit laudatio.
Amen*

All remain kneeling when the
presider stands and says

Priest/Deacon: You have given them Bread from heaven (P.T. Alleluia)

ALL: Having all sweetness within it (P.T. Alleluia)

Priest/Deacon: Let us pray! O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever.

ALL: Amen.

The celebrant will then bless all present with the Eucharist.

After the presider has blessed everyone, he will come back in front of the altar and kneel and lead everyone in the Divine Praises

Divine Praises

Blessed be God.

*Blessed be the great Mother of God,
Mary most holy.*

Blessed be his holy name.

*Blessed be her holy and Immaculate
Conception.*

*Blessed be Jesus Christ, true God and
true man.*

Blessed be her glorious Assumption.

Blessed be the name of Jesus.

*Blessed be the name of Mary, virgin and
Mother.*

Blessed be his most Sacred Heart.

*Blessed be St. Joseph, her most chaste
spouse.*

Blessed be his most Precious Blood.

*Blessed be Jesus in the most holy
sacrament of the altar.*

*Blessed be God in his angels and in his
saints.
Amen.*

*Blessed be the Holy Spirit, the
Paraclete.*

Reposition

When the priest or deacon has blessed everyone he then replaces the Blessed Sacrament in the tabernacle and genuflects, all stand and join in singing.

*Holy God, we praise thy name;
Lord of all, we bow before
thee;
All on earth they scepter
claim;
All in heaven above adore
thee.
Infinite they vast domain,
Everlasting is thy reign!(X2)*

*Hark, the loud celestial hymn;
Angel choirs above are
raising;
Cherubim and Seraphim,
In unceasing chorus
praising,
Fill the heavens with sweet
accord:
"Holy, holy, holy, Lord!(X2)*

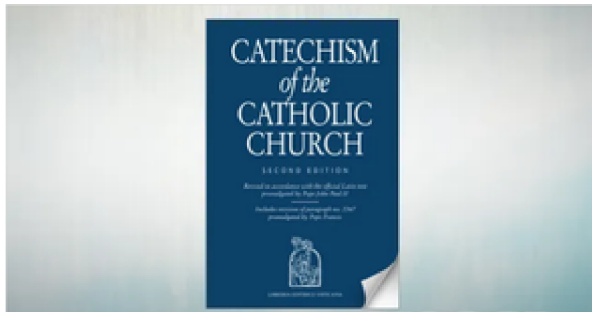
Resources



Catholic Study Bible App

Apple, Android, Amazon app for Catholic Study Bible

[catholicstudybible.org /](http://catholicstudybible.org/)

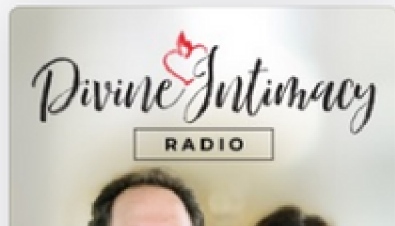


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