SESSION 4
SISTERHOOD
PART 2

SCRIPTURE QUOTE FOR THE WEEK

“As the Father has loved me, so have I loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full. This is my commandment, that you love one another as I have loved you. Greater love has no man than this, that a man lay down his life for his friends. You are my friends if you do what I command you. No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide; so that whatever you ask the Father in my name, he may give it to you. This I command you, to love one another.”
—John 15:9-17

COMMIT

Jesus promises that we can discover our identity and security in Him. He loves us in our brokenness and accepts us as we are. In spite of the temptation to compare and compete with other women, if we rely on Jesus and trust in His love and mercy for us, we can allow Him to transform our hearts to have compassion and love for our fellow sisters in Christ. Jesus gives us the grace to love as He loves—total self-donation.
This week, in response to this session, are you willing to commit to making these intentional efforts?

» Place more emphasis on interior beauty than exterior beauty
» Come to Jesus “as you are” and go to Confession in the next week or two
» Pray for someone you know who is hurting others
» Pray for the intention that you received on a note card from another group member

**PRAYER**

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.
The greatest weapon against comparison and competition is compassion. We are all wounded, and we internalize our wounds and insecurities differently. “Hurt people,” hurt people. When a person hurts you, consider the pain in her life that is causing her to hurt others. Jesus loves us in our brokenness and accepts us as we are. True sisters accept us as Jesus does—just the way we are!

1. Would you rather have no one show up to your wedding, or no one show up to your funeral?

2. The Gospel message can be summarized with one sentence: “God loves you just as you are, but too much to leave you there.” What does this mean to you?

3. What do you think prevents people from turning their hearts back to the Father?

Emotional virtue is the bedrock of true sisterhood. Our bodies are the windows to our souls. Our inner beauty comes from knowing who we are in Christ. Each choice we make is a step closer or a step away from the person we want to be. St. Catherine of Siena said, “Be who God created you to be and you will set the world on fire.” God wants you to be the real you, not society’s ideal you.

1. Would you rather be paralyzed from the neck down for five years and then recover, or be in a coma for five years and then recover?

Sister Mary Margaretta is a Franciscan Sister of the Martyr St. George and teaches at a school outside St. Louis. She writes: “In high school and college I was preoccupied with making myself look beautiful. My hair, my clothing, makeup, you know the drill. Here is the funny thing. Now as a sister wearing a full habit, I have received compliments of how beautiful I am. Think about that. I don’t worry about what I wear, or fixing my hair, or wearing makeup, but people find me beautiful. I think it shows that there is interior beauty that is attractive to others! And what is that interior beauty? The love of Jesus radiating through me to others!”

1. How does Sister Margaretta’s story emphasize Sarah’s point that a woman’s beauty shines from the inside out?

“Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised”

Proverbs 31:30

1. What do you think it means to “fear” the Lord?
Scene 5

We should find our sisters in Christ and share our lives with them. Embrace the real you, and let your interior beauty shine. Be accountable to each other. Remember that “iron sharpens iron, and one man sharpens another” (Proverbs 27:17). Be the friend you are looking for.

1. Would you rather live on a beautiful tropical island all by yourself, or in a horrible polluted city with true friends?

2. Why is it important to find your bridesmaids before your groom?

3. Fr. Robert Barron says that “to love is to break out of the black hole of the ego.” What does he mean by that?