

The following is an excerpt of a six-session study guide for *Rediscover Jesus* by Matthew Kelly. For the full content, please contact Ann DiStefano, [ames.distefano@gmail.com](mailto:ames.distefano@gmail.com).

CHURCH OF ST. ANN, LENT 2016

***REDISCOVER JESUS* DISCUSSION GUIDE**  
**FOR SMALL GROUPS OR INDIVIDUAL REFLECTION**

**SESSION ONE: MEETING THE WEEK OF FEBRUARY 14th**

**Jesus focus:** *Jesus as Obedient Servant*

**Book Discussion:** *Rediscover Jesus*, Prologue-Chapter 5 (Ash Wed. Feb. 10-Sun. Feb 14)

**NOTES FOR HOST – thank you for your part in this ministry!**

- \* Prepare a comfortable meeting space – ideally a circle of chairs. Place a small table in the center with a candle & matches, a cross or crucifix, and a Bible.
- \* Set out light refreshments, and name tags if necessary.
- \* Welcome people as they enter and help with any introductions.

**NOTES FOR FACILITATOR – thank you for your part in this ministry!**

**BEFORE THE SESSION:**

- See the TIPS FOR FACILITATORS presentation on [www.stannavon.org](http://www.stannavon.org).
- Before you meet, look over this discussion guide so you're familiar with the plan.
- Have an answer of your own prepared for each question, in case you need to get the conversation off the ground.
- YOU WILL NOT GET TO ALL THE QUESTIONS – that's okay! Choose from among them, according to how the Spirit moves you.
- Pray that the Holy Spirit will enable you in your role. Pray for your group, that they will be open to sharing their thoughts and growing in faith. Know that the program coordinators are praying for you all!
- If any questions arise during your session that you can't answer, please bring them to Ann DiStefano ([ames.distefano@gmail.com](mailto:ames.distefano@gmail.com), (860) 463-7495) or to one of our priests or deacons.

**DURING THE SESSION:**

- \* Spend the first 15 minutes socializing and enjoying refreshments.

- \* Gather everyone into the meeting space
- \* Pass out discussion guides.
- \* Light the candle: *Jesus promised that wherever two or more are gathered in his name, he is present in a special way. As we light this candle, we quiet ourselves and welcome Jesus, the Light of the World.*
- \* Invite all to make the Sign of the Cross as you lead the opening prayer:

### **OPENING PRAYER**

*(In the name of the Father and of the Son and of the Holy Spirit, AMEN.) Lord Jesus, thank you for enabling us to gather together to learn more about you and your place in our lives. Send your Spirit to guide our conversation today, that we may grow together as a community of individuals created and loved by God our Father.*

- \* Ask if anyone has an intention – something or someone they want to pray about. If there are none, offer your own brief intention (to model for next time) and conclude the prayer:

*We ask these things, and those that we keep in the silence of our hearts, in the name of the Father and of the Son and of the Holy Spirit, AMEN.*

### **HOUSEKEEPING**

- Explain the format
  - Meet weekly – 90 minutes
  - Rotate hosting (if applicable)
- Go over ground rules
  - Speak if/when you're comfortable.
  - What is shared stays in the room, unless other permission is granted.
  - No judgment of other's comments –we all have individual faith journeys and we're all here to grow.
  - It's okay to have questions – that's how we more fully embrace faith as our own.
  - Try to stay on topic – save tangents for 'the parking lot.' 😊

### **GETTING TO KNOW ONE ANOTHER**

- \* Ask people to make a fuller introduction – their family, their work, how long they've been in the parish, where they might be involved in parish life, whether they've been in a Small Group or Bible Study before.
- \* Pose this question: As you begin this book, what are your expectations? What do you hope to learn or explore about Jesus?



## ICEBREAKER – Open Our Hands

*Each week in the Rediscover Jesus Program, we will ask God to help us open ourselves – mind, body and spirit – to become more like Jesus. There will be a different focus each week. (Clues can be found in the Sunday Mass and on the display board in the Gathering Space!) This week, the focus is “Open my Hands.”*

St. Teresa of Avila said, “Christ has no body now on earth but yours, no hands but yours, no feet but yours...”

Which part of the Body of Christ are you, primarily:

**HEAD:** You like to think about what’s really important, and help others do the same.

**MOUTH:** You like to encourage others with your words.

**EYES:** You have a way of seeing what’s needed and making connections.

**HEART:** You prioritize empathy and compassion.

**SHOULDERS:** You don’t mind taking responsibility.

**HANDS:** You want to do for people.

**FEET:** You go out of your way to meet people where they are.

*Share your answer and one or two words about it, if you like.*

## QUESTIONS FROM THE READING

### ▪ A) *Rediscover Jesus, Prologue*

- What interested, surprised or challenged you in this chapter?
- What areas of your life suffer due to busyness?
- How might busyness prevent us from "living the life God is calling (us) to live?" (pg. 15)

- **B) *Rediscover Jesus, Opening Thoughts***
  - What interested, surprised or challenged you in this chapter?
  - What do you think Matthew Kelly means by a "dynamic relationship" with Jesus? (pg. 16) What might that be like?
- **C) *Rediscover Jesus, Chapter One - New Beginnings***
  - What interested, surprised or challenged you in this chapter?
  - Is there a time in your day or year that you look at as an opportunity for a new beginning?
  - How about in your spiritual life? Where does your faith/and or the Church offer the opportunity to 'start fresh?'
- **D) *Rediscover Jesus, Chapter Two - Getting to Know Jesus***
  - What interested, surprised or challenged you in this chapter?
  - The author lists just some of the many names of Jesus. (pg. 21) To those, one could add "teacher," "brother," "friend," "guide," "hero," "role model," etc. What name for Jesus do you connect with most at this point in your faith journey? Why?
- **E) *Rediscover Jesus, Chapter Three - An Invitation***
  - What interested, surprised or challenged you in this chapter?
  - How might rediscovering Jesus impact you? How might your rediscovering Jesus impact your children/grandchildren, our church, our community, etc.? (pg. 25)
  - Where are people looking for that someone or something to "solve the crisis of our lives and of our times?" (pg. 26)
- **F) *Rediscover Jesus, Chapter Four - The Jesus Question***
  - What interested, surprised or challenged you in this chapter?
  - What might we be trying to avoid when we "avoid the Jesus question?" (pg. 28)
  - Why do you think it was important for Jesus to be fully human, as well as divine?

- Jesus says, "I came into the world to testify to the truth." (pg. 31) What is the truth?
- **G) *Rediscover Jesus*, Chapter Five - The God Claim**
  - What interested, surprised or challenged you in this chapter?
  - Have you ever been "awestruck by Jesus?" (pg. 35) Describe the circumstances.
  - "What is holding you back from believing in Jesus completely?" (pg. 36)

### **GATHER**

- As you attended Mass this week, could you connect anything from the Rediscover Jesus Program to the Scripture readings, the prayers, the homily or the music?
- Was your experience of receiving Jesus in the Eucharist different as a result of *Rediscover Jesus*?
- If you attended a Parish Gathering or Faith Formation Parent Gathering this weekend, share your impressions of the speaker's presentation. Parish speaker: Karen Finocchio; Confirmation speaker: Jane Ellen Peregrin.

### **ACT**

- Did you do any of the suggested activities in this week's readings? Describe your experiences.
- The Corporal Works of Mercy (CWM) collection/activity at church this weekend was "Feed the hungry/Give drink to the thirsty." How was your participation more meaningful, in light of the *Rediscover Jesus* book/discussions?
- Next week, the CWM activity is "Clothe the Naked," and the Rediscover Jesus focus will be on Jesus and Human Dignity.

### **CLOSING PRAYER**

(FACILITATOR:) *Lord Jesus, you model for us how to be an obedient servant.* (ALL): In the coming week, *open our hands*, that we may give ourselves freely in service to others, like you do.

(FACILITATOR:) *May God bless us until we meet again!*

### **CONCLUSION**

Firm up plans for gathering next time: Date/time, place, who will provide refreshments.

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**SESSION TWO: MEETING THE WEEK OF FEBRUARY 21<sup>st</sup>**

**Jesus focus:** *Jesus and Human Dignity*

**Book Discussion:** *Rediscover Jesus*, Chapters 6-12 (Mon. Feb. 15-Sun. Feb 21)

**(HOST AND FACILITATOR, PLEASE SEE YOUR NOTES ON PAGE ONE.)**

**OPENING PRAYER**

Light the candle. *Jesus promised that wherever two or more are gathered in his name, he is present in a special way. As we light this candle, we quiet ourselves and welcome Jesus, the Light of the World.*

*ALL: In the name of the Father and of the Son and of the Holy Spirit, Amen. FACILITATOR: Lord Jesus, thank you for enabling us to gather to share what we’ve been learning about you and ourselves. Send your Spirit to guide our conversation today, that we may continue to grow together in friendship and faith.*

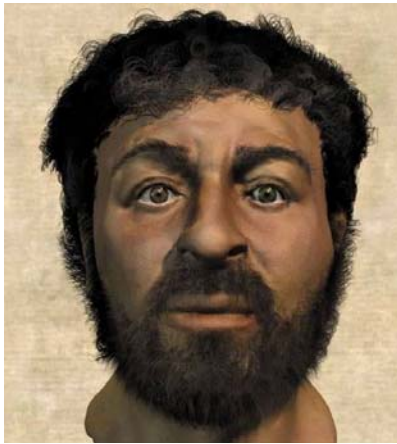
Ask if anyone has an intention. If there are none, offer your own brief intention and conclude:

*We ask these things, and those that we keep in the silence of our hearts, in the name of the Father and of the Son and of the Holy Spirit, AMEN.*

**See Icebreaker on next page**

**ICEBREAKER – Open Our Eyes**

This week, we ask Jesus to



“open our eyes” to see him more clearly. What image of Jesus below resonates with you? Why? Is there another image of Jesus that’s your favorite?



## QUESTIONS FROM THE READING

- **A) *Rediscover Jesus*, Chapter Six – There is More**
  - What interested, surprised or challenged you in this chapter?
  - Did any of the claims of Jesus surprise or challenge you? 1) Jesus is able to give eternal life. 2) Jesus is the Messiah (savior). 3) Jesus could/can see into the future. 4) Jesus preexisted the world. (pgs 37-38) If so, why?
- **B) *Rediscover Jesus*, Chapter Seven – The Third Question**
  - What interested, surprised or challenged you in this chapter?
  - Where might we find the answers to the question, “Who does Jesus say that you are?” (pg. 42)
  - “God values freedom so much that he gives you the freedom to reject him?” (pg. 45) What does this say about God? About you?
- **C) *Rediscover Jesus*, Chapter Eight – Jesus Was a Radical**
  - What interested, surprised or challenged you in this chapter?
  - What story from Scripture do you recall in which Jesus behaved or spoke like a radical?
  - What are some of the ways we are tempted in our everyday lives to have a “casual relationship with the truth?” (pg. 48)

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