

Discussion Questions

Episode 6: Man of the Hour

Take some time to sit with God and pray through what stood out to you the most. Ask Him to show you why that is staying with you and if He has anything to reveal within it.

Fr. Alex mentioned that the holy hour is a great thing to aspire too. Start somewhere with 5, 15, or 30 min. Do you have time this week to go and visit Jesus in the Blessed Sacrament?

Fr. Novak shared that he went on a 30 day retreat. Most of us don't have that kind of time to spend away from our families and jobs. But, have you ever considered a realistic spiritual retreat for yourself? There are many one weekend option retreats. What obstacles keep you from going?

Read CCC 2709-2719 on Contemplative Prayer or 2700-2719 on Expressions of prayer

Everyone's time in adoration of the Blessed Sacrament can look quite different. What works for some, may not work for others. How do you spend your time in adoration? How might the Lord be calling you to make adjustments to your time with Him?

St. Teresa of Avila is quoted in the CCC 2709 and it states, "Contemplative prayer (mental) in my opinion is nothing else than a close sharing between friends" and Fr. Novak shared that he spends 20 minutes of his time in adoration sharing with Jesus everything that's currently going on in his life. The good and the bad. What about you? Do you talk to Jesus as a friend or are you only going with petitions? How might Jesus describe how you communicate with him?

How can you incorporate attending adoration as a family sometime in the next month or so? Remember, don't shoot for perfection! Even if it's just 5 minutes, he'll be so happy to see you there as a family, just to see him!