

Purpose Driven Catholic Life IV

Well-being and Discipleship

Memory Verse Romans 8:28 We know that all things work together for good^[a] for those who love God, who are called according to his purpose.

Created in the image of God – Alter Christus

God uses _____ to teach us to _____ him.

How can I think with the mind of the Church?

How can I let the Gospel inform my life?

What is a truth that has set me free?

Daily scripture reading is fresh daily wisdom.

Memorize the scripture passage that inspires you.

Third Metric for living

Disconnecting

Redefine success- What is the Good Life for you?

Well being

Sleep deprivation

IQ versus wisdom

“The Kingdom of God is within.” How do we get to this place?

Feeling good by doing good.

In praise of slowness- challenging the cult of speed.

Money –Power – Meaning

Chasing the phantom of a successful life.

Become the best version of your eulogy not your resume.

Mindfulness.

Lectio Divina- Reading – meditation – prayer – contemplation St. Benedict

“No one in our time finds it surprising if a man gives careful daily attention to his body, but people would be outraged if he gave the same attention to his soul.”

Aleksander Solzhenitsyn

Overconnectivity.

But here are some good connections.

Monday

<https://www.youtube.com/watch?v=9mFhxZYn1O4>

Tuesday

https://www.youtube.com/watch?v=2D1_zq38dqA&list=PLA11uteL7p_wUjY1ECjy6p5T1VppGULf3

Wednesday

<https://www.youtube.com/watch?v=ysIKmUFdl44>

Thursday

<https://www.youtube.com/watch?v=pYyz14YEmik>

Friday

<https://www.youtube.com/watch?v=B8Gjxh3dTl0>

Saturday

https://www.youtube.com/watch?v=sr_57fD6Ado