

# The Purpose Driven Catholic Life

Saint Margaret Mary Church

Session One

Memory Verse : Psalm 51: 8 “Behold, you desire true sincerity; and secretly you teach me wisdom. “

The Question of Existence- Why am I alive?

God created me to:

The Question of Significance: Does my life matter?

I was made to :

The Question of Intention – What is my purpose?

I find my purpose in:

When did you first hear about God's love?

Begin a spiritual autobiography.

What advice would you give yourself?

What provides me with pleasure?

What provides me with meaning ? Daily – Weekly – for life?

What did you learn from a difficult experience?

“I was made to last forever?” How does that statement strike you?

Are you ready to explore God's purpose for your life?

What difference could it make if I acted like life is all about God and not about myself?

Spiritual Health Assessment : Rate yourself from zero to five – 0 not close to you – 5 – very close to your experience

1. God is my highest priority in life. \_\_\_\_\_
2. I am transparent to others. \_\_\_\_\_
3. I make regular use of the Sacrament of Confession. \_\_\_\_\_
4. I prioritize my life around Gospel values. \_\_\_\_\_
5. I easily share my faith life. \_\_\_\_\_
6. God is part of every facet of my life. \_\_\_\_\_
7. I am charitable. \_\_\_\_\_
8. I practice a preferential option for the poor. \_\_\_\_\_
9. I am presently living out my baptismal promises. \_\_\_\_\_
10. I try to spread the faith. \_\_\_\_\_
11. I know other parishioners very well. \_\_\_\_\_
12. I read the Holy Bible. \_\_\_\_\_
13. I examine my life daily at night in reflection. \_\_\_\_\_
14. I pray for people who have no faith. \_\_\_\_\_
15. I pray to the Blessed Mother, Mary. \_\_\_\_\_
16. I pray to my patron saint. \_\_\_\_\_
17. I pray for forgiveness. \_\_\_\_\_
18. I pray for those who have died. \_\_\_\_\_
19. I make prayers of thanksgiving. \_\_\_\_\_
20. I enjoy people who offer criticism. \_\_\_\_\_
21. I do not hold grudges. \_\_\_\_\_
22. I practice moderation with alcohol. \_\_\_\_\_
23. I do not use drugs. \_\_\_\_\_
24. I feel at ease with my humanity. \_\_\_\_\_
25. I am confident in my knowledge of the Faith \_\_\_\_\_

26. I deal well with temptation. \_\_\_\_\_
27. I do not expect anything in return. \_\_\_\_\_
28. I understand Mass very well. \_\_\_\_\_
29. My life is a reflection of my deepest beliefs. \_\_\_\_\_
30. I am the same at church, work and home. \_\_\_\_\_
31. I am always looking for the will of God. \_\_\_\_\_
32. I want to be a saint. \_\_\_\_\_
33. People turn to me for advice. \_\_\_\_\_

## Spiritual Health Strategy

### Worship

Mass

Devotional Life

Pilgrimage

Family Prayer

### Friendship

Time with good friends

Prayer for friends

Spiritual Direction

### Service

Spiritual Works of Mercy

Corporal Works of Mercy

Charity

### Intellectual Life

Study of Sacred Scripture

## Familiarity with the Catechism

### Adult Faith Formation

Daily video for reflection

Monday

<http://www.wordonfire.org/resources/video/bishop-elect-barron-on-nature-and-the-biblical-god/4889/>

Tuesday

<http://www.wordonfire.org/resources/video/bishop-elect-barron-on-spiritual-food/4877/>

Wednesday

<http://www.wordonfire.org/resources/video/the-parable-of-the-talents/4498/>

Thursday

<http://www.wordonfire.org/resources/video/intentional-discipleship/2342/>

Friday

<http://www.wordonfire.org/resources/video/why-pray-to-the-saints-askfrbarron/312/>

Saturday

<http://www.wordonfire.org/resources/video/who-god-is-and-who-god-isnt/289/>