

## The Purpose Driven Catholic Life

### Session Two – Worship

Memory Verse Romans 6:13 “...present yourselves to God as those who have been brought from death to life...”

Liturgy: the perfect prayer- the Church guides us throughout the days and seasons to read the two Books of God: the Book of Sacred Scripture and the Book of Nature. Public versus Private worship: Pray without ceasing See

<http://divineoffice.org/#sthash.YFID3diM.dpbs>

The Liturgy of the Hours. Private Devotion. Cult of the Saints. Sacred Scripture. Preparing for Sunday Mass. See <http://liturgy.slu.edu/>.

Where is your sacred place? What is your favorite hymn?

What is your favorite feast?

Do you use any sacramentals?

What for you is worth all the gold in the world?

What detracts from your overall happiness?

What religious practices have you inherited from your ethnic background?  
“Homespun Religion”

Love is:

Emotions- messages from God

Emotional Intelligence- Self and Other. Based on Knowledge with a positive attitude and an ability to behave skillfully in regard to one’s self and others.

### Self-dimension

Self awareness: what are your feelings, preferences, goals, values and sense as to how others feel about you and then letting these guide your behavior.

Self confidence- belief in one’s self and living unself-consciously, being assertive, taking reasonable risks, being goal directed with the ability to admit mistakes and move on.

Self control – dealing well with stressors and changing life situations, appropriate emotional expression – not over control, being adaptable and flexible and developing the capacity to balance rational and emotional considerations.

### **Social-dimension-**

Empathy- the capacity to read and understand others including their nonverbal behavior, to walk in their shoes and to listen and respond well.

Motivation- refers to taking initiative, having a positive outlook, being creative, doing things you believe in and to which you are committed, inspiring others to greatness, seeking cooperation and unity, and possessing an openness to diverse points of view.

Social Competency- seeking and finding common ground to establish rapport and minimize conflicts. Persuading and influencing others inquiring, being likeable and working to form positive relationships being a person of integrity – making decisions and behaviors that match who you say you are.

Monday

<https://www.youtube.com/watch?v=9TGS-JD80nE>

Tuesday

<https://www.youtube.com/watch?v=ULPINGy2SQU&index=5&list=PLzIdhd22VRCzFcStoAbisusKzTWO9XwUh>

Wednesday

<https://www.youtube.com/watch?v=uaMVKnpsDA8&index=7&list=PLzIdhd22VRCzFcStoAbisusKzTWO9XwUh>

Thursday

[https://www.youtube.com/watch?v=gvkcbD\\_ZPPQ&list=PLzIdhd22VRCzFcStoAbisusKzTWO9XwUh&index=16](https://www.youtube.com/watch?v=gvkcbD_ZPPQ&list=PLzIdhd22VRCzFcStoAbisusKzTWO9XwUh&index=16)

Friday

<https://www.youtube.com/watch?v=hjpB6O52QhE&list=PLzIdhd22VRCzFcStoAbisusKzTWO9XwUh&index=24>

Saturday

<https://www.youtube.com/watch?v=wusolot9rtk&list=PLzIdhd22VRCzFcStoAbisusKzTWO9XwUh&index=34>