Rediscover Catholicism
A Spiritual Guide to Living with Passion and Purpose

Matthew Kelly

Study Guide

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1 This Study Guide is a revision of the free Study Guide found on DynamicCatholic.com webpage: http://www.dynamiccatholic.com/sites/default/files/pdfs/Rediscover_Cath_SG.pdf
OPENING PRAYER

Loving Father,
Open our hearts and minds
and allow us to see the beauty of our faith.
Show us what is possible and fill us with the grace,
strength,
and wisdom to live all the good things
we explore here together.
Send your Spirit upon us so that we can discover your
dream
for us to become the-best-version-of-ourselves,
and have the courage to defend and celebrate this true
self
in every moment of our days.
We ask you to bless in a special way the hungry, the
lonely,
the sick, and the discouraged. Remind us of our duty
toward
them and inspire us to be filled with a profound
gratitude.
We ask all this through your Son, Jesus.

Amen.

CLOSING PRAYER

Loving Father,
I invite you into my life today
and make myself available to you.
Help me to become the-best-version-of-myself
by seeking your will and becoming a living
example
of your love in the world.
Open my heart to the areas of my life that need to
change
in order for me to carry out the mission
and experience the joy you have imagined for
my life.
Inspire me to live the Catholic faith in ways that are
dynamic and engaging.
Show me how to best get involved in the life of my
parish.
Make our community hungry for best practices
and continuous learning.
Give me courage when I am afraid,
 hope when I am discouraged,
and clarity in times of decision.
Teach me to enjoy uncertainty and lead your Church
to become all you imagined it would be
for the people of our times.

Amen.
bookstore sometime in the next couple of
weeks and explore the incredible Catholic
books that are available.

- Thank you for taking part in our study of
*Rediscover Catholicism*. We hope that it has
ignited your faith in a new way, and that you
will share some of what you have learned here
with others in your circle of influence.

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**Session 1**

**INTRODUCTION & WHERE TO FROM HERE?**

**OPENING PRAYER**

**INTRODUCTIONS**

**VIDEO: “Epic” – Catholics Come Home**

**DISCUSSION**

1. What was one thing that struck you from
   this video about the Catholic Church?
2. Describe the moment in your life when you
   most enjoyed being Catholic
3. This is a very hopeful book, and yet the
   author is not afraid to confront the very real
   challenges we face as a Church at this
   moment in history. As you reflect on the
   future of Catholicism:
   a. What are you most concerned about?
   b. What are you most hopeful about?
4. In what ways is God calling you to a bigger
   future at this time in your life?
5. What makes you proud to be a Catholic
   today?

**CLOSING PRAYER**

**ANNOUNCEMENTS**
The reading assignment for our next gathering is Part One (chapters One through Five)

- Let your family and friends know they can request a free copy of *Rediscover Catholicism* by visiting DynamicCatholic.com
- Please start using your Prayer Tracking Card, and your Mass Journal (if available)
- Our next gathering will be . . . (date, place, and time).

6. If our lives genuinely improve only when we grow in virtue, what virtue are you being called to pray to the Holy Spirit for at this time?

7. In what ways did you Rediscover Catholicism by reading this book and participating in this small study group?

8. How many people do you know who need to read this book? How are you going to encourage them to read it? Explain how to get copies.

CLOSING PRAYER

ANNOUNCEMENTS

- We have mentioned staying together as a small group. We will pass around this paper if you would like to continue. Our parish has resources for us to use to pray and discuss. We can chose to meet weekly, every other week or twice a month.

- If you enjoyed *Rediscovering Catholicism*, the next title we would recommend for you is *Confessions of a Mega Church Pastor*. It is the story of how and why the pastor of one of America’s largest mega-churches became Catholic. To order your copy, visit DynamicCatholic.com. After that we recommend James Martin’s *My Life with the Saints*. Both titles are available through the Dynamic Catholic Book Program.

- Ninety percent of Catholics have never visited their local Catholic bookstore. We would like to encourage you to visit your Catholic
Session 8
PART 4: NOW IS OUR TIME

PREPARATION

OPENING PRAYER

DISCUSSION
1. Now that you have read *Rediscover Catholicism* and have participated in this group, do you feel inspired to get more involved in the Church? How are you being called to contribute?
2. If the Church’s future is going to be bigger than its past, it seems education and evangelization are key.
   a. How can you become better educated about Catholicism?
   b. What are some simple ways that you can evangelize in your circle of influence?
3. It seems everybody wants the Church to change in some way or another. When you and I change for the better, the Church changes for the better. Are you willing to change?
4. In what areas of your life are you a leader? How did Chapter Twenty challenge your leadership style?
5. Jesus’ message over and over in the Gospels was, “Do not be afraid.” What are you afraid of? How is that fear stopping you from being all God created you to be (the-best-version-of-yourself)?

Session 2
PART ONE: WE BECOME WHAT WE CELEBRATE

OPENING PRAYER

VIDEO: “Movie” – Catholics Come Home

DISCUSSION
1. Can you relate with anyone in this video clip? Have you ever had the experience of drifting away from God, yet desiring to be forgiven?
2. How are you influenced by the philosophies of individualism, hedonism, and minimalism? Give examples.
3. In Chapter Three the author quotes, “The desire for God is written on the human heart . . .” (*Catechism of the Catholic Church*). In what ways do you yearn for God?
4. How would you describe your relationship with Jesus? Is he friend, mentor, coach, savior, spiritual director, role model, distant God, or historical figure? Where do you see opportunities for this relationship to grow?
5. How does embracing Catholicism as a way of life make you a better version of yourself?
6. In Chapter Five the author discusses the identity crisis that we are struggling with as a Church. If your life were put under a microscope, would there be sufficient evidence to convince a jury of your peers that you were truly Catholic? What would that evidence be?
ANNOUNCEMENTS

- The reading assignment for our next gathering is Part Two (chapters Six through Eleven).
- Continue to encourage participants to utilize the Prayer Tracking Card, and the Mass Journal.
- Our next gathering will be . . . (date, place, and time).

DISCUSSION

1. Fasting: What would be the hardest thing for you to fast from for one day each week? Would you consider giving up that one thing for one day each week?
2. The Rosary: When was the last time you prayed the rosary? If it is not part of your spiritual routine, why don’t you pray it more often? Do you have any questions about how to pray the Rosary?

ANNOUNCEMENTS

- Remind the group that we will be able to continue in a small group and continue to pray and discuss together. Next will we will ask if you would like to continue in a small group.
- The reading assignment for our next gathering is Part Four (chapters Nineteen through Twenty-one).
- Our next gathering will be . . . (date, place, and time).
• The reading assignment for our next gathering is Part Three, chapter 16 “Fasting” and Chapter 18 “The Rosary.”
• Continue to encourage participants to utilize the Prayer Tracking Card, and the Mass Journal. Ask participant to bring their Mass Journal to the next meeting. Only if the Mass Journal is being used.
• Explain to participants that next week we will be discussing the Spiritual practices of fasting, and praying the Rosary. Encourage participants to practice fasting from something, and to pray a Rosary. Pass out Rosaries and a guide to praying the Rosary if you have it. Available on line: http://www.kofc.org/un/en/resources/cis/devotionals/4772.pdf http://www.how-to-pray-the-rosary-everyday.com/roary-guide.html
• Our next gathering will be . . . (date, place, and time).

Session 3
PART TWO: THE AUTHENTIC LIFE

OPENING PRAYER

VIDEO: “Testimonial” – Catholics Come Home

DISCUSSION

1. Is the quiet desperation that Henry David Thoreau speaks of, and the people in the video clip talk about, present in your life? Have you ever felt that way?
2. God calls us to be holy, yet we struggle with being holy. Why is being holy a struggle?
3. Now that you are reading Rediscover Catholicism, do you find yourself thinking about the-best-version-of-yourself in the moments of the day?
4. In Chapter Eight the author offers short biographies of Francis of Assisi, Mother Teresa, John Vianney, Thomas More, and John Paul II.
   a. Which biography inspired you the most?
   b. Which person did you know the least about before?
   c. How did the stories encourage, challenge, or inspire you to live differently?
5. If you had to give yourself a score between one and ten (ten being total commitment), how would you rate your commitment to doing the will of God in your life?
6. In what way did you Rediscovering Catholicism by reading Part Two of the book?

CLOSING PRAYER

ANNOUNCEMENTS

- The reading assignment for our next gathering is Part Three, chapters Twelve through Thirteen.
- Continue to encourage participants to utilize the Prayer Tracking Card, and the Mass Journal
- Our next gathering will be . . . (date, place, and time).

Session 6
PART THREE: THE SEVEN PILLARS OF CATHOLIC SPIRITUALITY – THE BIBLE & SPIRITUAL READING

WELCOME

OPENING PRAYER

VIDEO: “The Bible” and “Spiritual Reading” - The Seven Pillars of Catholic Spirituality

DISCUSSION

1. *The Bible*: What is your favorite story from the Bible? Why?
2. *The Bible*: What did you learn about the Bible that you did not know before?
3. *Spiritual Reading*: What is the last really good Catholic book you read? If you read a great Catholic book for fifteen minutes every day for the rest of your life, how would your life and spirituality improve?

CLOSING PRAYER

ANNOUNCEMENTS

- Note that the group has formed a good relationship and is enjoying the time together. If you would like to continue beyond the eight weeks we can do this. Please think about this in the next few weeks.
Session 4
PART THREE: THE SEVEN PILLARS OF CATHOLIC SPIRITUALITY – CONFESSION & DAILY PRAYER

OPENING PRAYER

VIDEO: “Confession” and “Daily Prayer” – The Seven Pillars of Catholic Spirituality

DISCUSSION
1.  Confession: What insight from the video or the chapter made you rethink your attitude toward confession?
2.  Do you have any questions or concerns about going to Confession?
3.  Have you been using your Prayer Tracking Card? How has your life improved with a more consistent approach to daily prayer?
4.  Do you feel empowered when you have the answers to questions people ask about Catholicism? What could you do on a regular basis to increase your knowledge about the Catholic faith so that you will have more and more answers to share with others?

CLOSING PRAYER

ANNOUNCEMENTS
•  The reading assignment for our next gathering is Part Three, chapter 14.
•  Continue to encourage participants to utilize the Prayer Tracking Card, and the Mass Journal. Ask participants to bring their Mass Journal to the next meeting.
•  Our next gathering will be . . . (date, place, and time).

SESSION 4
PART THREE: THE SEVEN PILLARS OF CATHOLIC SPIRITUALITY – CONFESSION & DAILY PRAYER

CLOSING PRAYER

ANNOUNCEMENTS
•  The reading assignment for our next gathering is Part Three, chapter 15 “The Bible” and Chapter 17 “Spiritual Reading.”
•  Continue to encourage participants to utilize the Prayer Tracking Card, and the Mass Journal. Ask participants to bring their Mass Journal to the next meeting.
•  Our next gathering will be . . . (date, place, and time).
Journal. Ask participant to bring their Mass Journal to the next meeting.

- Our next gathering will be . . . (date, place, and time).

Session 5
PART THREE: THE SEVEN PILLARS OF CATHOLIC SPIRITUALITY – THE MASS

OPENING PRAYER

VIDEO: “The Mass” - The Seven Pillars of Catholic Spirituality

DISCUSSION

1. What was one thing Matthew Kelly said in the video that inspired you to engage more deeply in the Mass?

2. Use only if these items have been made available. Have you used the Magnificat or the Word Among Us to mediate on the Mass Readings? If so, how has that helped you prepare for Mass?

3. Have you used your Mass journal to help you engage with the Mass? What has that experience been like? How has God spoken to you in the Mass?

4. In Chapter 14, the author encourages you to Rediscovering the wonder of Mass. Have you ever had an experience of marvel, wonder or mystery at Mass?

5. In the section “A Quick Journey through the Mass” the author gives some practical ideas to engage in each part of the Mass. Have you tried any of his suggestions? Did it help you engage more deeply in the Mass? Which of these suggestions might be the biggest help for you?