

Episode 2: Reflection Questions

We invite you to use these reflection questions to help you go deeper into your relationship with God. Always start in prayer, asking the Holy Spirit to guide you. Sit with those inspirations that feed you, don't force the ones that do not. Ask the Holy Spirit what He wants to show you and what He wants you to act on this week.

1. Reflect on CCC 1, line by line. In each line, note the message or inspiration that comes to you. - God, infinitely perfect and blessed in himself, in a plan of sheer goodness freely created man to make him share in his own blessed life.

-For this reason, at every time and in every place, God draws close to man.

-He calls man to seek him, to know him, to love him with all his strength.

-He calls together all men, scattered and divided by sin, into the unity of his family, the Church.

-To accomplish this, when the fullness of time had come, God sent his Son as Redeemer and Savior.

-In his Son and through him, he invites men to become, in the Holy Spirit, his adopted children and thus heirs of his blessed life.

2. The purpose of our lives, the very reason God created man, and more personally, created us (don't just read this universally, read this as "the reason God created me, the reason God created my spouse, the reason God created my children.....") is: To know, love and serve God in this world, so we may be happy with him for all eternity in heaven. Do we live with our end goal in mind? Do we live for eternity? Is this my primary focus in life? Is this the purpose we communicate (both verbally and by our actions) to our family? What are the areas that we ARE doing this? What are the areas in our lives that we need to realign to this purpose?

3. St. Ignatius is recognized as a doctor of the church and gives us many tools in discernment of spirits. He invites us to first become aware of our interior life, next discern the 'good spirit' from the 'bad spirit', and then, third, to reject the 'bad' and act on the 'good'. The 2nd rule he gives in his week one rules is this: In the persons who are going on intensely, cleansing their sins and rising from good to better in the service of God our Lord, it is the method contrary to the first rule, for then it is

- the way of the evil spirit to bite, sadden and put obstacles, disquieting with false reasons, that one may not go on;
- and it is proper to the good to give courage and strength, consolations, tears, inspirations and quiet, easing, and putting away all obstacles, that one may go on in well-doing.

As you are inspired to "move from good to better in your service of God", inspired to grow in your knowledge of God, your love of God, your service of God (or, in other words, as you embrace the purpose for which you were created), do you ever experience thoughts that "bite, sadden, put obstacles or disquiet with false reasons"? If so, make a plan to reject the bad and choose the good. One of the best ways to do this is with the word of God. For every false reason, refute it with scripture! Spend time with His Word!