

Behind Enemy Lines

Your Own Worst Enemy

We are in a battle, but our primary enemy is closer than we might like to imagine. In order to gain true freedom and victory, we have to know this enemy and know when to say no to them.

Discussion Questions

1. Did you have a friend or a family member who always seemed to get you into trouble? Who was that person, and can you share an example?
 2. In Saint Paul's Letter to the Romans he writes, "I do not understand what I do. For what I want to do I do not do, but what I hate I do," Can you think of a recent experience where you've known what you ought to do (in a friendship, relationship, your spiritual life, school, work, etc.), but instead you've done what you hate doing? Please share.
 - A. What is one tangible thing that you could do to keep yourself from doing that thing you hate?
 3. Saint Paul says in the Second Reading that the Philippians have made their stomach (source for comfort) their god, and they have given themselves over to distraction. Lent is all about making space for something other than comfort. Is there one type of comfort (i.e. food or drink) and one distraction that you could refuse in order to make more room for God in your life? Please share what they would be.
 4. In solitude, you get to know yourself so that you can say no to yourself. Does having that time set apart for getting to know your inner self and getting to know God make you feel uneasy? If so, where does that fear come from?
 5. When Jesus met someone's weakness, He was moved with pity for them, He felt compassion for them. Do you find it difficult in moments of weakness to show compassion towards yourself versus showing it to others? Why do you think that is?
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God in Real Life

This week, make room and enter into silence for at least 20 minutes each day. No reading. No music. No distractions. If you want to write down your thoughts, feel free to do so.

To the Heart

"Hear, O LORD, the sound of my call; have pity on me, and answer me. Of you my heart speaks; you my glance seeks." Psalm 27:7-8