

1 **WEEK 1: The Eucharist and the Pilgrim**

2 **Day 1: Just Passing Through** (pgs.31-34)

3 **What does men/women seek to understand?** The meaning of Life

4 **What are the five questions for which we search for?**

5 1). Who am I?, 2). Where did I come from?, 3). What am I here for?, 4). How do I do it?, 5). Where am I
6 going?

7 **What is the truth about our time on earth?** We are pilgrims on a sacred journey passing through this
8 life.

9 **What happens that allows us to live more fully with passion and purpose?** We journey from confusion
10 to clarity, to the soul of Christ.

11 **What is manna from Heaven?** The Eucharist

12
13 **LESSON:** *Life is a pilgrimage. We are just passing through this world.*

14 **VIRTUE:** *Patience:* Allows us to deepen our ability to meet life’s challenges; a form of suffering; it refines
15 the character and the soul.

16 **PRAYER:** *Serenity Prayer*³, *Spiritual Communion* (pg. 34) and *Anima Christi* revised⁴

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18 **Day 2: PILGRIM or TOURIST?** (pgs. 35-39)

19 **What is the difference between a pilgrim and a tourist?** Tourists fear missing out on all they have paid
20 for, don’t like delays, the focus is on their needs and wants; they sightsee; they calculate costs. Pilgrims
21 look for signs, they are outward focused and understand life is only temporary.

22 **What is a pilgrimage?** A spiritual journey to a sacred destination

23 **Why do people go on pilgrimages?** 1). To ask GOD for a favor, 2) To heal a loved one, 3). In thanksgiving
24 for a blessing, 4). To seek clarity on a decision they must make, 5). To celebrate a wedding anniversary

25 **Why do we need pilgrimages?** To rediscover the true meaning and purpose of your life

26 **What is the MESSAGE of Thomas Merton’s A Pilgrim’s Prayer?**⁵

27 **Are you a PILGRIM or a TOURIST?**

28
29 **LESSON:** *A pilgrim awakens each day with a grateful heart and allows GOD to direct his of her heart.*

30 **VIRTUE:** *Joy:* A long-lasting state beyond happiness that is not dependent on external circumstances to
31 be sustained; fruit of appreciation and service to others

32 **PRAYER:** *Spiritual Communion*

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34 **Day 3:The FOUR LAST THINGS** (pgs.41-46)

35 **What are the Four Last Things?** *Death, Judgment, Heaven, and Hell*

36 **Why did GOD create us?** GOD created us for lasting happiness in this changing world and eternal joy
37 with Him in Heaven forever.

38 **What are the Prison Epistles of St Paul?** *Ephesians, Philippians, Colossians and Philemon and were*
39 *written to encourage believers, explain nature and purpose of Body of Christ (the Church)*

40 **What are the themes of Christian life according to St Paul?** *Humility, personal sacrifice, unity, love and*
41 *forgiveness.*

42 **How many weeks of life does the average person get?** *4000 weeks (roughly 80 yrs. in US)*

43 **How many Sundays are left of your life?** *Under 20=1st quarter, 21-40=2nd quarter, 41-60=3rd quarter, 61-*
44 *80=4th quarter, 80+=on extra time*

45 **What might be the cause of problems in the world?** *Assigning incorrect value to people, things and*
46 *experiences. (Eucharist is at top of list in all three categories)*

47 **What would you be doing if you knew you only had only 5 yrs. left to live?**
 48 **What would you wish you would have done if you found out this was your last day on earth?**
 49 **“Live like you are dying!”**
 50

51 **LESSON:** *Reflecting on Four Last Things: DEATH, JUDGMENT, HEAVEN, HELL*

52 **VIRTUE:** *Faith: A Gift; as it grows, we experience that everything is a miracle!*

53 **PRAYER:** *Spiritual Communion, SCRIPT from Audio*

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55 **Day 4: The PURPOSEFUL PILGRIM** (pgs. 47-50)

56 **How many people pilgrimed to Jerusalem for Passover?** Over 2 million people

57 **What three monotheistic religions considers Jerusalem a holy site?** Christianity, Judaism, Islam

58 **What are we called to pursue?** Union with GOD/Heaven

59 **What is achieved when we spend time with Jesus?** An increase in *clarity* about what matters-most and what doesn't-matter-at-all.

61 **What does Eucharistic clarity reveal to us?** Leads us to *focus on the right things*.

62 Take on the *determination* of a *purposeful PILGRIM*.

63 **What should we STOP doing and START doing to experience Eucharistic Consecration?**

64 STOP endless wandering; START: Take on *determination* of a purposeful pilgrim (4 Signs of Dynamic Catholic, Forming Intentional Disciples)

66

67 **LESSON:** *A purposeful pilgrim sets aside the distractions of this world and is resolutely determined to journey to Heaven.*

68 **VIRTUE:** *Determination:* Allows us to focus and complete our goal; to take the *next step* no matter how small that step may be.

69 **PRAYER:** *Spiritual Communion*

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73 **Day 5: FEAR of MISSING OUT** (pgs.51-55)

74 *“Most men live lives of quiet desperation.”*

75 Henry David Thoreau at Walden Pond

76 **What does FOMO mean?** Trying to squeeze as much as we can in every minute of every day, so we don't miss anything (Fear of Missing Out)

78 **What is meant by “settling”?** A way of decision making that creates anxiety and fosters *unrealistic* ideals

79 **What can transform FOMO into JOMO?** By leading a life of that focuses on what GOD desires of us, not one of distraction.

81 **What is meant by comfort addiction?** A generalization where everyone is looking for an easier, softer and comfortable way to live.

83 **What does Matthew call us to do?** “If anyone wishes to come after me, let him deny himself and take up his cross, and follow me.” Matt 16:24

85 **How will your life change when you consecrate your life to Jesus in the Eucharist?** May be uncomfortable at times, may bring great spiritual gratification like never before.

87 **What does this statement say to you?** “Jesus comforted people in their afflictions and afflicted them in their comfort.” Replies will vary.

89 **LESSON:** *Doing the will of GOD transforms FOMO (Fear of Missing Out) into JOMO (Joy of Missing Out)*

90 **VIRTUE:** *Discipline:* Allows us to maximize our contribution to the world and JOY is the by-product

91 **PRAYER:** *Spiritual Communion, Joy Germs, Practice Random Kindness, Best Version of Yourself*

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93 **Day 6 : Six Defining Spiritual Moments** (pgs. 57-62)

94 **Name some of the SEASONS of the Spiritual Life.** 1). Long stretches of great spiritual consistency, 2).
 95 Times of inconsistency of prayer life, 3). Times of resistance, 4). Times of Surrender, 5). Seasons of great
 96 *patience*; 6). Seasons of selfish *impatience*, 7) Periods shunned prayer, 8). Periods drawn to deep prayer
 97 experience, 9). Feeling *warmth* of GOD, 10). Times of *deep cold/distance* from GOD, 11), Times of *lack of*
 98 *clarity*, 12). Times when nothing went right and 13). Times when nothing could go wrong.

99 **List the Six "Seismic" Shifts/Seasons of Spiritual Life.**

- 100 1). Just Begin the Conversation
 101 2). Ask GOD what HE wants.
 102 3). Give yourself to PRAYER
 103 4). Transform Everything into Prayer
 104 5). Make yourself available
 105 6). Just keep *SHOWING UP!*

106

107 **LESSON:** Not about what we are doing, but what GOD is doing in us, through us and with us;
 108 *knowing your responsibility and being clear about GOD's responsibilities; Eucharist floods our*
 109 *souls with grace, wisdom, and courage to navigate these Seismic Shifts*

110 **VIRTUE:** Surrender: Leads to tranquility

111 **PRAYER:** Spiritual Communion

112

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113 **Day 7: The Pilgrim's Virtue** (pgs. 63-66)

114 *"Perseverance is the pilgrim's virtue."; "Prayer is not about "feelings".*

115 Matthew Kelly

116 *What is the only failure of in prayer? To STOP praying*

117 *What should we CONTINUE to do if we feel overwhelmed by spiritual dryness? Keep showing up and*
 118 *listen to GOD*

119 *What are some of the experiences we may encounter in spiritual life? ...Long, dusty roads; epic*
 120 *mountaintop experiences; moments of fear and trembling in dark valleys; beautiful mornings filled with*
 121 *hope; long dark nights drenched in hopelessness.*

122 *How could every Catholic attending Mass over the past 50 yrs. change the world? The Catholic Church*
 123 *and society would be completely different if we just kept showing up and letting GOD work!*

124 *What is the message from Blessed Pier Giorgio Frassati? "...Feed on the bread of angels as often*
 125 *as you can.."*

126 **LESSON:** *"Just show up and let GOD work on you; don't look at how far you still have to go, look at how*
 127 *far you have come..."*

128 **VIRTUE:** Perseverance: Teaches us to resolve difficulties

129 **PRAYER:** Spiritual Communion (Litany of Trust; Pilgrim's Prayer)

130

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