







GOD →← LIFE →← MARRIAGE →← FAMILY →← GOD

<http://fathergilles.net/Marriage-and-Family-Portal/God-life-marriage-family-01.pdf>

1. **INTRO:** The ? of GOD – YOU - - - GOD – MARRIAGE - - - GOD – LIFE - - - GOD – FAMILY

This hour = we offer you a SEMINAR / WORKSHOP in the ADRAGOGICAL METHOD

-  CASE STUDIES
-  ROLE PLAYING
-  **REPORTING**

-  SELF-EVALUATION
-  **SHARING BEST PRACTICES**
-  **DIALOGUE**

I am your FACILIATOR & RESOURCE PERSON *(5 minutes)*

2. **OPEN FORUM:** YOUR EXPERIENCE? CHALLENGES? QUESTIONS? *(25 minutes)*

FOCUS: What has been your experience of God? Interiority? Prayer? Spiritual things?

- 1) Are you familiar or comfortable with your interior life?
- 2) Perhaps you've never really thought much about your interior life?
- 3) Do you find the idea or reality of your interior life challenging or frightening?
- 4) Where are you with regards to your interiority at this point in your life?
- 5) Have you and your fiancé shared about your respective interior life?

WIDE OPEN FORUM: LIST THEIR EXPERIENCES, CHALLENGES, ISSUES, BEST PRACTICES

3. Q & A *(10 to 15 minutes)*

4. A spiritual exercise in PRAYER – whether or not you pray regularly *(10 to 15 minutes)*

- 1) Sit comfortably, hands resting on your knees... Back & head straight... & relax...
- 2) Be still... adjusting your body in any way you need to in order to let go & relax...
- 3) Pay attention to your interior landscape as if you were driving in the country...
- 4) If all is quiet and peaceful, lovely... now focus on a kind image of God or Jesus
- 5) If all is not quiet, notice the noise, words, echoes, whatever comes along...
Acknowledge it briefly and let it go; focus again on a kind image of God or Jesus
- 6) If you are on familiar terms with God or Jesus; then have a good visit with Him.
If you are not on familiar terms with God or Jesus, consider this an introduction.
He is very interested in having a personal relationship with you: it's always up to you.
- 7) You always get to decide how open you want to be with the Creator & Saviour....
- 8) Now you'll have 7 minutes of silence....

5. Feedback – Q & A – WRAP-UP *(10 to 15 minutes)*

1. Why bother with God at all? What if God isn't real? Cf. [Catholic Answers.com](http://CatholicAnswers.com) / Bishop Barron [YouTube](https://www.youtube.com/channel/UCR0D81111111111111111111)
2. How can we possibly get to know God? How can we be known by God? Cf. [Christian Disciplines for RC's](http://ChristianDisciplinesforRCs.com)
3. If one would like to pray, how does one start? Alone? As a couple? As a family? Cf. [Pray Alone, Spouse, etc.](http://PrayAloneSpouseetc.com)
4. If prayer is a divine fire, just putting the kindling and logs together isn't enough. We need a spark or match or lighter to produce the first flame. What's a spiritual match, lighter, or spark?
 - (1) The Book of Psalms in the Old Testament of the Bible
 - (2) The Gospels and Acts of the Apostles in the New Testament of the Bible
 - (3) The Wisdom books in the Old Testament
 - (4) The Letters of Paul, Peter, John, James & Jude in the New Testament
 - (5) These are a good start, and then there's a lot more.
5. Is it possible to get coaching or mentoring in prayer and in the spiritual life?
 - (1) The most personal opportunity to experience the healing power of God's love and to be interiorly touched personally by God is in the Sacrament of Penance / Reconciliation, which is also called Confession and is available from all priests in the R.C. Church. Just find a priest you can trust or with whom you may feel comfortable and ask him.
 - (2) The Ignatian Center of Montreal in NDG provides Prayer Companions
 - (3) The Ignatian Center of Montreal in NDG also provides Spiritual Directors
 - (4) You can obtain spiritual direction on various retreat experiences in retreat centers
 - (5) You can ask your parish priest
 - (6) Your parish may provide spiritual exercises that might help you
 - (7) Our Church provides many opportunities for formation, learning, and accompaniment
6. What are the essentials of prayer? The acronym **ACTS** can help you remember easily.
 - (1) **Adoration**: expressing reverence for God by attitude, posture, words, interior disposition
 - (2) **Contrition**: expressing to God sincere regret for wrongs / sins / omissions / neglect
 - (3) **Thanksgiving**: giving thanks to God for his benefits we notice and those we haven't
 - (4) **Supplication**: putting our needs and requests and those of others to God – He already knows, but we need to exercise our desire in order to get ready for his answer
7. What different kinds or methods or styles of prayer are there? Answer: an almost infinite variety
 - (1) Prayerfully reading and pondering the inspired Word of God in Sacred Scripture: the Bible
 - (2) Prayerfully participating in the various Sacraments, especially the Holy Eucharist / Mass
 - (3) Praying and meditating on the Mysteries of the Most Holy Rosary of the Blessed Virgin Mary
 - (4) Praying the Liturgy of the Hours, also called the Divine Office or The Breviary
 - (5) Occupational Prayer: shooting short prayer phrases to God in the midst of daily occupations
 - (6) The Prayer of Silence or Contemplation: silently welcoming the Holy Trinity as interior Guests
 - (7) Various forms of meditation: relating personally to work of religious art as a window to God
 - (8) Calling on a saint to keep you company and help you to pray to God: e.g. Mary in the Rosary
 - (9) Many, many more.... e.g. Ignatian Prayer, Carmelite Prayer, Franciscan Prayer....