

# **“BE HEALED → SMOL LENTEN SMALL GROUPS → 2024”**

## **\*SCHEDULED READING PLAN\***

- Intro: Small Groups can meet initially for an introductory session if desired before or during the week of Ash Wednesday (Feb 14).
  - It is recommended to begin reading the Foreword/Introduction, as well as Chapters 1-2, the week of Ash Wednesday.
  - Fr. Eilen will introduce this book at his Ash Wednesday homily, and then will include commentary on Chapters 1-2 in his homily Feb 17-18.
- Week 1: Small Groups can then begin discussing Chapters 1-2 the week of Feb 18.
- Week 2: Chapters 3-4 on Feb 25
- Week 3: Chapters 5-6 on March 3
- Week 4: Chapters 7-8 on March 10
- Week 5: Chapters 9-10 on March 17
- Conclusion – “Living in Freedom” – March 24 (Palm Sunday weekend)

**March 28-31:** Paschal Triduum (Holy Thursday, Good Friday, Holy Saturday/Easter Vigil, Easter Sunday)

Depending on what is best for your Small Group, 6-7 weekly meetings are suggested during Lent to correspond with Fr. Eilen’s homilies. You can start early, or you can go longer if that works best.

## **Other Helpful Documents for Small Group Leaders**

(Contact **Nathan Schuster** for access to these or for any other questions – [nschuster@stmarys-wbl.org](mailto:nschuster@stmarys-wbl.org)).

- 7 Elements of a Small Group Meeting
- Small Group Discussion Guidelines
- Healing Prayers Document – JPPII Healing Center
- Liability Forms (for Small Groups meeting offsite and/or if meeting with youth or vulnerable adults)
  - Safe Environment & Offsite Liability Form – for leaders/co-leaders meeting offsite.
  - Adult Liability Form – for all small group members meeting offsite.

## **Discussion Questions for *Be Healed* Study**

There are questions already included in the book, within each chapter, that your Small Groups can go back to discuss more thoroughly if they’d like. The questions contained here are an adapted version of those. Small Groups can also refer to and discuss the Sunday readings and Fr. Eilen’s homily – which will correspond with these chapters throughout Lent.

Take some time for fellowship, if you aren’t familiar with one another (before beginning your Lenten Small Group session). Recommendations on the structure of each meeting can be found in the 7 Elements of a Small Group Meeting document (you may not have time for all 7 elements within each meeting).

## **Week 1 (February 18-24): Intro, Chapters 1-2 – Our Need for Healing-Jesus' Healing Power**

- **Chapter#1: Examine your readiness for Jesus to heal you.**
  - Do you recognize your need for healing (physical-emotional-mental-spiritual-relational, etc.)?
  - What attitudes of doubt/unbelief stand in the way of receiving Jesus' powerful healing love?
- **Chapter #2: Consider the teachers in your life who most represented Jesus, judgments you have held towards others, and how you might have previously been trying to "save yourself".**
  - Do you struggle with judging others? Can you identify the specific judgments you held towards them? In what ways is Jesus opening your eyes to the truth of His Merciful Love?
  - What self-reliant strategies have you relied upon thus far? How is the Lord asking you to trust and surrender to His merciful love ever-more completely?

## **Week 2 (February 25-March 2): Chapters 3-4 – Falsehoods-Truths-Father's Love**

- **Chapter #3: Consider how you have denied your need for healing.**
  - Can you think of a time when Jesus exposed your façade and you felt threatened? What happened as a result?
  - Think of a time when you stepped out in faith and trusted Jesus. How did he confirm your faith? What happened?
- **Chapter #4: Consider how you may have hidden and buried your true self.**
  - In what ways do you resemble the prodigal son, identifying with your failures and weaknesses? Or do you find your identity more in your accomplishments, like the elder brother?
  - Describe yourself when you felt carefree and secure as a child. What was that like? If you can't remember, what would it look like now for you to be childlike and secure in Our Father's love?

## **Week 3 (March 3-March 9): Chapters 5-6 – Illness-Suffering-Sin-Healing Power of the Holy Spirit**

Take some time in prayer (particularly during this Small Group meeting) inviting the Holy Spirit to show you and your Small Group more about the root issues described in these two chapters.

- **Chapter #5: Consider the nature of any ailments you carry, how you view people and illnesses.**
  - Is there some area where you have suffered without relief? Where have you turned for help?
  - Do you define people by their brokenness, judging them by labels that define their behavior/symptoms? Do you believe that God's love can heal us? Explain why or why not.
- **Chapter #6: Reflect on the Deadly Sins in your life and the insecurities they may be covering.**
  - What are the objects of idolatry behind the sins in your life?
  - What insecurities do believe are hiding underneath these sins of trying to affirm yourself?

## Chapter #6 – Tree of Life: Security, Maturity, Purity

- Purity (the fruit of love)
- Maturity (growth in love)
- Security (rooted & grounded in love)

### Chapter 6 Table

Deadly Sin	Object of Idolatry
Pride	Self/Accomplishments
Envy	Status/Possessions/Talents
Gluttony	Food/Drink/Drugs
Lust	Sex/Relationships/Beauty
Anger	Power/Control/Justice
Greed	Wealth/Security
Sloth	Comfort/Ease

## Chapter #6 – Tree of Knowledge of Good & Evil: Anger

- Expressed Anger: (verbal abuse, insults, slander, rage, revenge, retaliation, murder, violence, malice, gossip)
- Hidden Anger: (self-righteousness, judgment, bitterness, resentment, depression, suicide, sickness, disease)
- Deadly Sin: Anger
- Root of Sin: Ungodly Self-Reliance

## Week 4 (March 10–March 16): Chapters 7-8 – Feeling wounded and alone? ... or loved and in communion with the Body of Christ?

- **Chapter #7 – Consider the root structure (from the bottom of your tree as described in the chapter); focus on the wounds, beliefs, and inner vows.**
  - Can you identify the specific wounds in the roots of your tree? If you feel comfortable, share any false identity beliefs associated with these wounds.
  - What lies, judgements, promises, and vows from your inner wounds reveal self-sufficiency?
- **Chapter #8 – Reflect on how you respond when you are deeply hurt.**
  - Do you face your pain with Jesus, by expressing your emotions to the Our Father? Or are you more likely to deny your pain and give in to identity lies?
  - What do you typically do when you feel “alone, unloved, powerless, hopeless, afraid, or confused”? Do you try to self-medicate these feelings, or do you bring them to Jesus as a way of finding communion with him?

**Chapter 7 Table**

<b>Seven Deadly Wounds</b>	<b>Identity Beliefs</b>
Abandonment	I am all alone; no one cares or understands.
Fear	I am afraid; if I trust I will be hurt/die.
Powerlessness	I can't change it; I am too small/weak.
Hopelessness	Things will never get better; I want to die.
Confusion	I don't understand what is happening.
Rejection	I am not loved, wanted, or desired.
Shame (Tainted)	I am bad, dirty, shameful, stupid, and worthless. (Because of what happened to me, I am unlovable; I will never recover.)

**Chapter #7 – Tree of Knowledge of Good & Evil: Sins & Wounds**

- Fruit: Sins of the Flesh
- Lust: Fornication, Pornography, Masturbation, Fantasy
- Anger: Resentment, Judgment, Bitterness, Hatred
- Envy: “I don’t want my brother/sister to have what I can’t have.”
- Pride: Inner vow - “I will take care of myself.”
- Root of Sin: Ungodly Self-Reliance
- Wounds:
  - Rejection Lie – “I am not loved. No one wants or desires me. I am not valued or important.”
  - Abandonment Lie – “I am alone. No one cares about me. No one understands me.”
  - Shame Lie – “I am bad. I am dirty. I am unlovable.”

**Chapter 8 Table**

<b>Deadly Sins/Vices</b>	<b>Lively Virtues</b>
Pride	Humility/Meekness
Envy	Kindness/Gratitude
Gluttony	Fasting/Moderation
Lust	Chastity/Self-Control
Anger	Longsuffering/Surrender
Greed	Generosity/Stewardship
Sloth	Diligence/Faithfulness

## Week 5 (March 17-23): Chapters 9-10 – Encountering Jesus-Finding Healing in the Sacraments

Consider having a longer period of prayer before, during, or after this small group meeting. You could find an opportunity to pray together in Eucharistic Adoration or in church/chapel together. Invite group members to express any intentions they would like to ask for healing. Have some prayer time together (in silence or aloud), asking the Lord to heal you - and to enter more deeply into Holy Week and Easter together. You could also use parts of the Healing Prayer PDF from the JPPII Healing Center (ask Nathan [nschuster@stmarys-wbl.org](mailto:nschuster@stmarys-wbl.org) if you would like it) – it includes short prayers aimed at addressing the core wounds and the deadly sins, as well as a prayer of forgiveness.

*From pg. 179: “Let the Holy Spirit lead you into an encounter with Jesus and the Father. If you don’t know where to begin, start with Scripture, perhaps with some of the Scriptures we have been drawing from in this series. Open your heart and let yourself be drawn into the passages as though you were one of the people in the scene. Do you feel called to be the woman at the well (Jn 4), the lame man beside the pool of Bethesda (Jn 5), the woman caught in adultery (Jn 8), or the blind Bartimaeus (Mk 10:46-52)? Perhaps it is a different image. Let the Spirit lead you by your desires and be open to whatever he shows you. Then record all that you experience in a notebook or journal.*

- **Chapter #9 – Reflect on the sacraments and their healing power.**
  - How have you experienced the healing power of the sacraments in your life? Do you remember an “aha moment” when in faith you believed in the grace of the sacraments?
  - Do you encounter Jesus in the sacraments? Explain why or why not. How would your life be different without the sacraments?
  
- **Chapter #10 – Reflect back on your core wounds, lies, judgments, promises, and inner vows.**
  - How is Jesus answering your cry for healing from your inner wounds, and identity beliefs, etc.)? What barriers to greater healing still need to be overcome in your life?
  - How were (or are) the seven signs of healing manifesting in your life?

### Chapter 10 Table

<b>7 Deadly Wounds</b>	<b>7 Signs of Healing</b>
Abandonment	Connected & Understood
Rejection	Accepted & Valued
Fear	Safe & Secure
Shame	Pure & Worthy
Powerlessness	Empowered & Liberated
Hopelessness	Hopeful & Encouraged
Confusion	Clarity & Enlightenment

## Week 6 (March 24-30) Holy Week: Conclusion “Living in Freedom”

Reflect on any areas in your life where you have experienced healing or are still in need of healing.

Refer to pg. 193-194 for discussion questions this week (however many you're able to discuss with the time you have).

### The Healing Tree of Life

- Purity - Fruits of the Spirit
  - Love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control
- Maturity - Seven Lively Virtues
  - Patience *overcomes* anger
  - Humility *overcomes* pride
  - Chastity *overcomes* lust
  - Diligence *overcomes* sloth
  - Abstinence *overcomes* gluttony
  - Kindness *overcomes* envy
  - Liberality *overcomes* greed

Root of Grace – Communion with God

- “I will let God love me in the places where I feel most vulnerable and dependent.”
- Security - Seven Signs of Healing
  - Connected & understood *replaces* abandonment
  - Pure & worthy *replaces* shame
  - Safe & secure *replaces* fear
  - Empowered & liberated *replaces* powerlessness
  - Accepted & valued *replaces* rejection
  - Hopeful & encouraged *replaces* hopelessness
  - Understanding & enlightenment *replaces* confusion