



Renfrew County Catholic School Board

## *Reflecting on Our Adult Faith* Ten Modules for Individual or Group Reflection

***Putting Away Childish Ways*** (1Cor 13: 11)

***Living for Others*** (Jn 12: 24)

***Living with Childlike Trust*** (Matt 18: 1-5)

***New Wine in New Wineskins*** (Matt 9: 14-17)

***Come and See*** (Jn 1: 35-39a)

***The Emmaus Experience*** (Lk 24: 13-35)

***Come to the Water*** (Isaiah 55: 1-3a)

***God's Power Made Perfect in Weakness*** (2Cor 12: 7b-10)

***Living the Mystery of a Sacramental Life*** (Matt 11: 28-30)

***Discernment*** (Col 2: 6-7)

Modules are designed to last 10-15 minutes, and consist of:

- opening prayer
- introduction
- scripture reading
- two reflection questions
- invitation to prayer
- closing prayer

These modules are to be used on a free and invitational basis. When used in a group setting, participants should be invited to share at their own comfort level; this includes keeping reflections to oneself.

Draft, February 23, 2012

# Renfrew County Catholic School Board Reflecting on Our Adult Faith

## *Putting Away Childish Ways* (1Cor 13: 11)



### **OPENING PRAYER**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Come Holy Spirit, open my heart and mind to grow in your gift of faith. Grant me clarity of reason, freedom of will, and expectant joy as I ponder the wonders you are doing in my life. I make this prayer to you in the name of Jesus the Lord. Amen

### **INTRODUCTION**

Adults need an adult faith that gives vision and guidance for making adult decisions. Adult decisions need to be made responsibly and with love, because they involve the good of other people. Questions about adult matters involve issues such as:

- lifestyle
- courtship
- wage-earning
- married life
- parenting
- providing
- health care
- dying

All these require serious reflection and responsible, loving decisions. A childhood faith may not give us the guidance we need for adult living, but an adult faith will.

### **READING**

Please read the quote from St. Paul’s first letter to the Corinthians:

When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see as through a glass darkly, but then we will see face to face. (1Cor 13:11)

### **REFLECTION**

1. What are some of the adult issues I have had to address through eyes of faith?
2. What are some of the childish ways I have put away in my adult faith journey?

### **INVITATION TO PRAYER**

You are invited to compose a simple prayer or draw a symbol that expresses where you are on your adult faith journey in light of your reflections.


### **CLOSING PRAYER**

Holy Spirit, thank you for this time to reflect on the gift of faith you have planted in my life. With your help, may it bear abundant fruit in all that I am and do. I make this prayer to you in Jesus’ name.  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

## Renfrew County Catholic School Board Reflecting on Our Adult Faith

### *Living for Others* (Jn 12: 24)

#### OPENING PRAYER

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
 Come Holy Spirit, open my heart and mind to grow in your gift of faith. Grant me clarity of reason, freedom of will and expectant joy as I ponder the wonders you are doing in my life. I make this prayer to you in the name of Jesus the Lord. Amen

#### INTRODUCTION

Living as an adult involves dying to oneself for the good of others each day. This is the Paschal Mystery of Christ's dying and rising into which we have been baptized. The Father's love accompanies us as we take up our crosses, and raises us up with Christ. This is the sure hope that enables us to...

- work patiently to make a difference, even when we can't see the results
- care for loved ones despite our weariness
- speak up for the poor, vulnerable and unborn despite criticism
- make unpopular decisions to protect our children from harmful influences
- to reach out to the suffering even when we are hurting inside

#### READING

Please read the quote from John's Gospel:

Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. (Jn 12: 24)

#### REFLECTION

1. What are some of the ways I have had to die to myself as an adult?
2. What have been the fruits of these deaths to self?

#### INVITATION TO PRAYER

You are invited to compose a simple prayer or draw a symbol that expresses where you are on your adult faith journey in light of your reflections.


#### CLOSING PRAYER

Holy Spirit, thank you for this time to reflect on the gift of faith you have planted in my life. With your help, may it bear abundant fruit in all that I am and do. I make this prayer to you in Jesus' name.  
 In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Renfrew County Catholic School Board Reflecting on Our Adult Faith**



***Living with Childlike Trust*** (Matt 18: 1-5)

**OPENING PRAYER**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Come Holy Spirit, open my heart and mind to grow in your gift of faith. Grant me clarity of reason, freedom of will and expectant joy as I ponder the wonders you are doing in my life. I make this prayer to you in the name of Jesus the Lord. Amen

**INTRODUCTION**

As adults, we often find ourselves carrying large responsibilities. They can seem overwhelming when so much depends on us. How ironic that Jesus should remind his adult followers that they need to live with childlike trust.

**READING**

Please read the quote from Matthew’s Gospel:  
At that time the disciples came to Jesus and asked, “Who is the greatest in the kingdom of heaven?” He called a child, whom he put among them, and said, “Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. Whoever becomes humble like this child is the greatest in the kingdom of heaven. Whoever welcomes one such child in my name welcomes me.”

**REFLECTION**

1. Is there a time when I’ve had to really trust in God’s help while carrying out my adult responsibilities?
2. Are there areas of my life that I need to surrender to God’s care?

**INVITATION TO PRAYER**

You are invited to compose a simple prayer or draw a symbol that expresses where you are on your adult faith journey in light of your reflections.


**CLOSING PRAYER**

Holy Spirit, thank you for this time to reflect on the gift of faith you have planted in my life. With your help, may it bear abundant fruit in all that I am and do. I make this prayer to you in Jesus’ name.  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Renfrew County Catholic School Board Reflecting on Our Adult Faith**

***New Wine in New Wineskins*** (Matt 9: 14-17)



**OPENING PRAYER**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Come Holy Spirit, open my heart and mind to grow in your gift of faith. Grant me clarity of reason, freedom of will and expectant joy as I ponder the wonders you are doing in my life. I make this prayer to you in the name of Jesus the Lord. Amen

**INTRODUCTION**

The Gospel of Jesus is the *new wine* that calls us to renewal through constant conversion and change. To receive this new wine, we must be flexible and willing to grow beyond our own set ways – to love and understand with the heart and mind of Christ. The fruit of this new wine is freedom: freedom to proclaim the truth of the Gospel and to spread its message in kindness and compassion to all God’s children, especially the poor, outcast and suffering, and not just those who think, look or worship like us.

**READING**

Please read the quote from Matthew’s Gospel:

Then the disciples of John came to him, saying, “Why do we and the Pharisees fast often, but your disciples do not fast?” And Jesus said to them, “The wedding guests cannot mourn as long as the bridegroom is with them , can they? The days will come when the bridegroom is taken away from them, and then they will fast. No one sews a piece of unshrunk cloth on an old cloak, for the patch pulls away from the cloak, and a worse tear is made. Neither is new wine put into old wineskins; otherwise, the skins burst, and the wine is spilled, and the skins are destroyed; but new wine is put into fresh wineskins, and so both are preserved.

(Matt 9: 14-17)

**REFLECTION**

1. Is there someone I know whose life flows with the *news wine* of the Gospel?
2. Is there an attitude or habit in my life that needs to be freed by the Gospel?

**INVITATION TO PRAYER**

You are invited to compose a simple prayer or draw a symbol that expresses where you are on your adult faith journey in light of your reflections.


**CLOSING PRAYER**

Holy Spirit, thank you for this time to reflect on the gift of faith you have planted in my life. With your help, may it bear abundant fruit in all that I am and do. I make this prayer to you in Jesus’ name.  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

## Renfrew County Catholic School Board Reflecting on Our Adult Faith

### *Come and See* (Jn 1: 35-39a)

#### OPENING PRAYER

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
 Come Holy Spirit, open my heart and mind to grow in your gift of faith. Grant me clarity of reason, freedom of will and expectant joy as I ponder the wonders you are doing in my life. I make this prayer to you in the name of Jesus the Lord. Amen

#### INTRODUCTION

Faith is not just about statements of belief. It is first and foremost about a personal relationship with God and a believing community. God does not coerce or manipulate us into a life of faith. Rather, we are invited to *come and see* the depths of what it means to live a shared life in Christ – in freedom and love.

#### READING

Please read the quote from John’s Gospel:

The next day John [the Baptist] again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, “Look, here is the Lamb of God!” The two disciples heard him say this, and they followed Jesus. When Jesus turned and saw them following, he said to them, “What are you looking for?” they said to him, “Rabbi” (which translated means Teacher), “where are you staying?” He said to them, “Come and see.” They came and saw where he was staying, and they remained with him that day.

#### REFLECTION

1. If I could meet and ask Jesus one question, what would it be?
  
2. How can I *come and see* more of what Christ offers me?

#### INVITATION TO PRAYER

You are invited to compose a simple prayer or draw a symbol that expresses where you are on your adult faith journey in light of your reflections.


#### CLOSING PRAYER

Holy Spirit, thank you for this time to reflect on the gift of faith you have planted in my life. With your help, may it bear abundant fruit in all that I am and do. I make this prayer to you in Jesus’ name.  
 In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

***The Emmaus Experience*** (Lk 24: 13-35)

**OPENING PRAYER**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Come Holy Spirit, open my heart and mind to grow in your gift of faith. Grant me clarity of reason, freedom of will and expectant joy as I ponder the wonders you are doing in my life. I make this prayer to you in the name of Jesus the Lord. Amen

**INTRODUCTION**

Jesus encountered two disciples on the road to Emmaus. They had left Jerusalem in discouragement after his crucifixion. Jesus listened to their pain and then showed them how their entire history pointed to him. Their hearts burned with rekindled hope as he helped them understand; their eyes were opened to him as he blessed and broke bread with them. We often lose sight of how God has been present in each of our stories. In the Eucharist, it is Christ himself who comes to meet us on the road where we are. As adults, we can go to find him there, waiting to bring our lives meaning and joy through his word of hope and bread of eternal life.

**READING**

Please read the quote from Luke's Gospel:

Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognizing him.

He asked them, "What are you discussing together as you walk along?" They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, "Are you the only stranger in Jerusalem who does not know the things that have happened there in these days?" He asked them, "What things?" They replied, "About Jesus of Nazareth, who was a prophet, mighty in deed and word God and all the people, and how our chief priests and leaders handed him over to be condemned to death, and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels, who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him." Then he said to them, "Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should have to suffer these things and then enter into his glory?" Then, beginning with Moses and all the Prophets, he interpreted to them the things about himself in all the scriptures.

As they came near to the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, "Stay with us, because it is almost evening, and the day is now nearly over." So he went in to stay with them. When he was at the table with them, he took bread, gave thanks, broke it and gave it to them. Then their eyes were opened and they recognized him; and he disappeared from their sight.

They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening opened the Scriptures to us?" That same hour they got up and returned to Jerusalem; and they found the Eleven and their companions gathered together. They were saying, "The

Lord has risen indeed, and he has appeared to Simon." Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

**REFLECTION**

1. Where have I experienced the resurrection of Jesus in my life?
2. Which areas of my life need to know more fully the risen Christ's hope and joy?

**INVITATION TO PRAYER**

You are invited to compose a simple prayer or draw a symbol that expresses where you are on your adult faith journey in light of your reflections.


**CLOSING PRAYER**

Holy Spirit, thank you for this time to reflect on the gift of faith you have planted in my life. With your help, may it bear abundant fruit in all that I am and do. I make this prayer to you in Jesus' name. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



**Renfrew County Catholic School Board Reflecting on Our Adult Faith**

***Come to the Water*** (Isaiah 55: 1-3a)



**OPENING PRAYER**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Come Holy Spirit, open my heart and mind to grow in your gift of faith. Grant me clarity of reason, freedom of will and expectant joy as I ponder the wonders you are doing in my life. I make this prayer to you in the name of Jesus the Lord. Amen

**INTRODUCTION**

We live in a world where personal connections, political allegiances and money can obtain almost anything. And yet, these things mean little when it comes to questions of faith. God’s gift of faith is freely given to those who seek it, irrespective of social status or wealth. An adult faith recognizes God as the only Source that can quench our deepest thirst. A mature faith drinks freely, gratefully and regularly, because life apart from God is “a dry, weary land without water.” (Ps 63)

**READING**

Please read the quote from the prophet Isaiah:  
Ho, everyone who thirsts, come to the waters;  
and you that have no money, come, buy and eat!  
Come, buy wine and milk without money and without price.  
Why do you spend your money for that which is not bread, and your labour for that which does not satisfy?  
Listen carefully to me, and eat what is good, and delight yourselves in rich food.  
Incline your ear, and come to me: listen, so that you may live.

**REFLECTION**

- 1. Is there a time in my life when God has quenched my deepest thirst?
  
- 2. What part of my life needs to be watered with an experience of God’s love?

**INVITATION TO PRAYER**

You are invited to compose a simple prayer or draw a symbol that expresses where you are on your adult faith journey in light of your reflections.


**CLOSING PRAYER**

Holy Spirit, thank you for this time to reflect on the gift of faith you have planted in my life. With your help, may it bear abundant fruit in all that I am and do. I make this prayer to you in Jesus’ name.  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



**OPENING PRAYER**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Come Holy Spirit, open my heart and mind to grow in your gift of faith. Grant me clarity of reason, freedom of will and expectant joy as I ponder the wonders you are doing in my life. I make this prayer to you in the name of Jesus the Lord. Amen

**INTRODUCTION**

Faith is not so much about the wonderful things we can do for God. It is more often about what we will trust God to do in us – in our struggles and failings as well as successes. These are fertile ground for God's grace to make us witnesses for the Gospel. Here, God in Christ can take our imperfect lives and turn them into lush, fruit-bearing fields. An adult faith sees the reality of illness, sin and suffering as an occasion for God's redeeming and transforming love.

**READING**

Please read the quote from Paul's Second Letter to the Corinthians:  
Therefore to keep me from being too elated [i.e., proud], a thorn was given me in the flesh, a messenger of Satan to torment me. Three times I appealed to the Lord about this, that it would leave me, but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong." (2Cor 12: 7b-10)

**REFLECTION**

1. How might my personal struggles be an occasion of Christ's grace?
2. Is there an area of my life that I have turned over to God and come to experience in a new way?

**INVITATION TO PRAYER**

You are invited to compose a simple prayer or draw a symbol that expresses where you are on your adult faith journey in light of your reflections.


**CLOSING PRAYER**

Holy Spirit, thank you for this time to reflect on the gift of faith you have planted in my life. With your help, may it bear abundant fruit in all that I am and do. I make this prayer to you in Jesus' name.  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Renfrew County Catholic School Board Reflecting on Our Adult Faith**

***Living the Mystery of a Sacramental Life*** (Matt 11: 28-30)



**OPENING PRAYER**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Come Holy Spirit, open my heart and mind to grow in your gift of faith. Grant me clarity of reason, freedom of will and expectant joy as I ponder the wonders you are doing in my life. I make this prayer to you in the name of Jesus the Lord. Amen

**INTRODUCTION**

The heart of our Christian faith is a relationship with God in Christ that begins formally at Baptism. Here, we become members of the believing community and sharers in the mystery of Jesus’ divine life. Our life in Christ is strengthened with the gifts of the Holy Spirit at Confirmation; it is fully initiated and continually nurtured at Eucharist. An adult faith sinks its roots deeply in the inexhaustible mystery of our sacramental encounters with Christ, who gives us his strength to make the journey through life.

**READING**

Please read the quote from Matthew’s Gospel:  
Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. (Matt 11: 28-30)

**REFLECTION**

1. Is there a part of my life that longs for Christ’s gentle touch?
2. What burdens can I hand over to God with the Offertory gifts of bread and wine at Mass?

**INVITATION TO PRAYER**

You are invited to compose a simple prayer or draw a symbol that expresses where you are on your adult faith journey in light of your reflections.


**CLOSING PRAYER**

Holy Spirit, thank you for this time to reflect on the gift of faith you have planted in my life. With your help, may it bear abundant fruit in all that I am and do. I make this prayer to you in Jesus’ name.  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

# Renfrew County Catholic School Board Reflecting on Our Adult Faith



## **Discernment** (Col 2: 6-7)

### **OPENING PRAYER**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Come Holy Spirit, open my heart and mind to grow in your gift of faith. Grant me clarity of reason, freedom of will and expectant joy as I ponder the wonders you are doing in my life. I make this prayer to you in the name of Jesus the Lord. Amen

### **INTRODUCTION**

#### **Discernment**

Children learn to discern in simple terms, and much is already decided for them: do this, don't do that; these are the consequences. Adults often have to discern, not just between good and bad, right and wrong, but to identify the best moral option among many. Discernment is practical, reasonable and rooted in the believing community's time-tested beliefs. An adult faith is guided by God's word (Scripture), the Church's body of teaching (Tradition); it looks to the wisdom of the believing community when necessary, to make good decisions.

### **READING**

Please read the quote from the Letter to the Colossians:

As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. (Col 2: 6-7)

### **REFLECTION**

1. Is there a time when I have had to rely on my faith to make an important decision?
2. Who can I turn to for answers when faced by complex adult situations that need a faith-filled answer?

### **INVITATION TO PRAYER**

You are invited to compose a simple prayer or draw a symbol that expresses where you are on your adult faith journey in light of your reflections.


### **CLOSING PRAYER**

Holy Spirit, thank you for this time to reflect on the gift of faith you have planted in my life. With your help, may it bear abundant fruit in all that I am and do. I make this prayer to you in Jesus' name.  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.