

## **Session Four - Exploring all Options and Opportunities**

**Opening prayer:** Read the opening prayer on p. 28 and follow the suggestions. The pause after the prayer from Romans 12 should be 3-5 minutes and then read the prayer from Ignatius of Loyola. A discussion need not follow as sometimes “the silence speaks louder than words.”

### **Lifestyle Charisms**

As has been done the leader can ask for volunteers to present a charism. Lifestyle charisms are particularly unique and require a distinctive lifestyle. What might a lifestyle charism enable a person to do, that they might otherwise find difficult to complete/

**Celibacy** –unmarried and celibate for the sake of Christ

Ex. St. Philip Neri who lived contently as a single layman until he was 35 when he became a priest and helped guide the people of Rome in the 16<sup>th</sup> century

**Extraordinary Faith** – a radical trust in the love, power and provision of God

Ex. St. Frances Xavier Cabrini who founded the Sisters of the Sacred Heart and always believed that whenever things looked impossible it was a sure sign God was about to do something wonderful.

**Missionary-** spreading God’s love in a second culture

Ex. St. Francis Xavier who spread Christianity throughout Asia

**Voluntary Poverty** –living a life of cheerful voluntary simplicity

Ex. St. Francis and St. Clare of Assisi who received a vision to renounce all of his father’s possessions and she founded a women’s group on his ideas

**Discussion:** How do think discerning a Lifestyle charism might be different from

### **Personality and Discernment**

**Discussion:** Can personality affect discernment? What are some concerns related to the difference between introvert and extrovert personalities? How can you address these concerns and differences? (10-15 minutes)

## Healing Charisms

**Healing** - being a channel of God's love to cure illness and restore health when healing is unlikely. Ex. St. Francis Xavier who healed thousands in his Asian missions

**Intercessory Prayer** – intense prayer by a Christian for another

Ex. St. Therese of Lisieux “the Little Flower” was a fervent intercessor for priests and missionary work who died at 24.

**Discussion:** Most if not all of us pray as an intercessor for others, when is it a charism? Have you ever heard of someone who has healed (had the healing charism)/ Mercy and Healing are similar charisms how are they different?

## Conclusion

Inform your group about the Gifts Interview details are on p.35 and the Discernment in Depth sessions

**Closing Prayer:** St. Augustine is a doctor of the Church who most famously wrote the “City of God” and the “Confessions”, he helped lay the foundation of the church during its first 1000 years.

After asking for prayer requests read the prayer of St. Augustine on p. 35

Remind the group that the next session is the last of Phase 1, but just the beginning of their journey to discern their charisms.