

# Session 4 – Exploring Options and Opportunities

Pages 28-35 of Gold Bound (GB) unless otherwise noted

Welcome everyone including those on Zoom

## Opening prayers

Page 28

Pause after the prayer to reflect on learnings so far for 3-5 minutes and then read the prayer from Ignatius of Loyola also on page 28. A discussion need not follow as sometimes “the silence speaks louder than words.”

*For by the grace given to me I tell everyone among you  
Not to think of himself more highly than one ought to think, but to think soberly, each  
according to the measure of faith that God has apportioned.  
For as in one body we have many parts, and all the parts  
Do not have the same function, so we, though many,  
Are one body in Christ and individually parts of one another.  
Since we have gifts that differ according to the grace given to us,  
Let us exercise them:  
If prophecy, in proportion to the faith;  
If in ministry, in ministering;  
If one is a teacher, in teaching;  
If one exhorts, in exhortation;  
If one contributes, in generosity;  
If one is over others, with diligence;  
If one does acts of mercy, with cheerfulness  
Amen*

From Ignatius of Loyola

*Dearest Jesus,  
Teach me to be generous.  
Teach me to love and serve you as you deserve,  
To give and not to count the cost,  
To fight and not to heed the wounds,  
To toil and not to seek for rest,  
To labor and to look for no reward,  
Except that of knowing that I do your Holy Will.  
Amen.*

## 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?

1. Celibacy — (Page 153 FD, 133 GB, 5 BB) unmarried and celibate for the sake of Christ  
Example could be 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 16th century
2. Extraordinary Faith – (Page 156 FD, 135 GB, 23 BB) a radical trust in the love, power and provision of God

Example is 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.

3. Missionary – (Page 160 FD, 141 GB, 59 BB) spreading God’s love in a second culture.  
Example is St. Francis Xavier who spread Christianity throughout Asia
4. Voluntary Poverty – (Page 165 FD, 145 GB, 85 BB) living a life of cheerful voluntary simplicity.  
Ex. St. Francis and St. Clare of Assisi who received a vision to renounce all 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 other groupings?

### Healing Charisms

1. Healing - (Page 141 FD, 136 GB, 31 BB) being a channel of God’s love to cure illness and restore health when healing is unlikely.  
Example is St. Francis Xavier who healed thousands in his Asian missions
2. Intercessory Prayer – (Page 168 FD, 138 GB, 43 BB) intense prayer by a Christian for another.  
An example is St. Therese of Lisieux “the Little Flower” who was a fervent intercessor for priests and missionary workers and died at 24. 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).

### Discussion

Mercy and Healing are similar charisms how are they different?

### Wrapping Up

Inform your group about the Gifts Interview details are on p.35 and the Discernment in Depth sessions. Remind the group that the next session is the last of Phase 1, but just the beginning of their journey to discern their charisms.

### Closing Prayer

Page 35

St. Augustine is a doctor of the Church who most famously wrote the “City of God” and “Confessions”. He helped lay the foundation of the church during its first 1000 years. Ask for prayer requests before reading the prayer.

*Breath into me, Holy Spirit, that my hought may all be holy.*

*Move in me, Holy Spirit, that my work, too, may be holy.*

*Attract my heart, Holy Spirit, that I may love only what is holy.*

*Strengthen me, Holy Spirit, that I may defend all that is holy.*

*Protect me, Holy Spirit, that I may always be holy.*

*Amen*