



SPX Small Groups
Life is Better Together

Lenten 
Small Groups

RESISTING HAPPINESS



#SpxResistingHappiness
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READING SCHEDULE

Session One

Week of February 11

SOMETHING IS MISSING

READ PAGES 1 – 37

Chapter 1: Resistance

Chapter 2: Your Quest for Happiness

Chapter 3: Making Sense of Everything

Chapter 4: Resisting God

Chapter 5: Life is Messy

Chapter 6: Something is Missing

Session Two

Week of February 18

LIVING SOULFULLY

READ PAGES 39 – 76

Chapter 7: The Big Question

Chapter 8: Four Words

Chapter 9: Are You Spiritually Healthy?

Chapter 10: Get Busy Living

Chapter 11: Ordinary Things

Chapter 12: Living Soulfully

Session Three

Week of February 25

FALLING IN LOVE

READ PAGES 77 – 119

Chapter 13: Hour by Hour

Chapter 14: Interesting People

Chapter 15: Falling in Love

Chapter 16: No Visitors

Chapter 17: An Unconventional Education

Chapter 18: Tuesday Nights

Session Four

Week of March 4

HUNGRY

READ PAGES 121 – 152

Chapter 19: Bored?

Chapter 20: Learning to Listen

Chapter 21: The Power of Habits

Chapter 22: How Many Sundays Left?

Chapter 23: Attempted Murder

Chapter 24: Hungry

Session Five

Week of March 11

THE SECRET TO EXCELLENCE

READ PAGES 153 – 190

Chapter 25: Breaking the Cycle

Chapter 26: You Cannot Succeed at
Anything Without ...

Chapter 27: The Secret to Excellence

Chapter 28: The Light Is On

Chapter 29: Are You a Pilgrim or a Tourist?

Chapter 30: The First Intervention

Session Six

Week of March 18

LET YOUR LIGHT SHINE

READ PAGES 191 – 228

Chapter 31: A Weekend Away

Chapter 32: Let Your Light Shine

Chapter 33: Made for Mission

Chapter 34: When God Looks at a Resume

Chapter 35: Don't Let the Critics Win

Chapter 36: Blessed and Grateful

Chapter 37: Never Get Discouraged

OPENING PRAYER

Loving Father, open our hearts and minds
and allow us to see the beauty of our faith.
Show us what is possible and fill us with the grace, strength and wisdom
to live all the good things we explore here together.
Send your Spirit upon us so that we can discover your dream
for us to become the-best-version-of-ourselves,
and discover the courage to defend and celebrate this true self
in every moment of our days.
We ask you to bless in a special way the hungry, the lonely,
the sick and the discouraged.
Remind us of our duty toward them
and inspire us to be filled with a profound gratitude.
We ask this all through your Son, Jesus. Amen.

CLOSING PRAYER

The Dynamic Catholic Prayer

Loving Father,
I invite you into my life today and make myself available to you.
Help me to become the-best-version-of-myself
by seeking your will and become a living example of your love in the world.
Open my heart to the areas of my life that need to change
in order for me to carry out the mission
and experience the joy you have imagined for my life.
Inspire me to live the Catholic faith in ways that are dynamic and engaging.
Show me how to best get involved in the life of my parish.
Make our community hungry for best practices and continuous learning.
Give me courage when I am afraid,
hope when I am discouraged, and clarity in times of decision.
Teach me to enjoy uncertainty and lead your Church to become all you
imagined it would be for the people of our times. Amen.

Session One: Week of February 11

SOMETHING MISSING

OPENING PRAYER *from the front of this booklet*

WATCH VIDEO(S)

Watch: *Resistance*. Also recommended: *Making Sense of Everything & Something is Missing*. All videos can be found at <https://dynamiccatholic.com/bestlentever/lent-reflections-2017>

DISCUSSION QUESTIONS

What is one way that you have encountered resistance?

Are you as happy as you could be? In Chapter Two of *Resisting Happiness*, the author asks us to give ourselves a happiness score between 1 and 10 over the past 3 months. **What score would you give yourself?**

Lent is a great time to take a step back and look at our lives. **In what areas of your life do you need to place God at the center?**

Have you ever wanted something good for someone more than they wanted it for themselves?

What hard battle are you fighting?

In Chapter Five, the author says we are called to put ourselves in the middle of the mess of the world and work to make a difference, however small. **What does that mean to you in light of the Lenten call to prayer, fasting and almsgiving?**

Has restlessness ever pushed you to become a-better-version-of-yourself?

CLOSING PRAYER: *from the front of this booklet*

ANNOUNCEMENTS

The reading assignment for our next gathering is Chapters 7 – 12.
Our next gathering will be.... (date & time)

Session Two: Week of February 18

LIVING SOULFULLY

OPENING PRAYER *from the front of this booklet*

WATCH VIDEO(S)

Watch: *The Big Question*. Also recommended: *Are You Spiritually Healthy?* & *Living Soufully*. All videos can be found at <https://dynamiccatholic.com/bestlentever/lent-reflections-2017>

DISCUSSION QUESTIONS

In Chapter 7, the author explains how resistance keeps us busy and distracted from the things that will help us grow. **How have you seen this so far in your Lenten journey?**

Prayer changes everything. **How has prayer impacted your life?**

In Chapter 8, the author presents four words from the Our Father as the greatest challenge of Christianity: "Thy Will Be Done." **How is God calling you to live out those words this Lent?**

Our image of God is the lens through which we see ourselves, others, and the world.

How do you see God?

How do you see that influence other areas of your life?

If you died today, what would you wish you had done differently?

In what area of your life is God inviting you to become a-better-version-of-yourself this Lent?

What does it mean to live soulfully? And what does it mean to live soulfully during the Lenten season of prayer, fasting, and almsgiving?

CLOSING PRAYER: *from the front of this booklet*

ANNOUNCEMENTS

The reading assignment for our next gathering is Chapters 13 – 18.
Our next gathering will be.... (date & time)

Session Three: Week of February 25

FALLING IN LOVE

OPENING PRAYER *from the front of this booklet*

WATCH VIDEO(S)

Watch: *Hour by Hour*. Also recommended: *Falling in Love & An Unconditional Education*.
All videos can be found at <https://dynamiccatholic.com/bestlentever/lent-reflections-2017>

DISCUSSION QUESTIONS

In Chapter 13, the author says the primary purpose of work is to help us become the-best-version-of-ourselves. **How would this approach impact your work?**

What is an ordinary activity that you can transform into prayer?

Is there a story in the Gospels that has inspired you?

In what way is God inspiring you to become a continuous learner this Lent?

In Chapter 16, the author says one of life's most essential lessons is learning to be alone.

What does he mean by that?

How can you learn to be alone this Lent?

During lent we are called in a particular way to generosity, not only with our finances, but also with our time and our hearts.

Have you ever reached out to someone who was lonely?

Have you ever thought about being the answer to someone's prayer?

Have you ever gone to daily Mass? If so, how did the experience impact you?

CLOSING PRAYER: *from the front of this booklet*

ANNOUNCEMENTS

The reading assignment for our next gathering is Chapters 19 – 24.
Our next gathering will be.... (date & time)

Session Four: Week of March 4

HUNGRY

OPENING PRAYER *from the front of this booklet*

WATCH VIDEO(S)

Watch: *Bored?*. Also recommended: *The Power of Habits & Hungry*.

All videos can be found at <https://dynamiccatholic.com/bestlentever/lent-reflections-2017>

DISCUSSION QUESTIONS

What is your favorite thing about the Mass?

What does it mean to be a good listener?

With your loved ones?

With your body?

With your conscience and your soul?

And with God?

How do you think using a Mass Journal could enhance your experience of the Mass?

Our lives change when our habits change. **When was the last time you set out to intentionally create a life-changing habit?**

If you had one Sunday left, what would you do?

What does it mean to give truth a place of honor in your life?

What are you hungry for?

CLOSING PRAYER: *from the front of this booklet*

ANNOUNCEMENTS

The reading assignment for our next gathering is Chapters 25 – 30.

Our next gathering will be.... (date & time)

Session Five: Week of March 11

THE SECRET TO EXCELLENCE

OPENING PRAYER *from the front of this booklet*

WATCH VIDEO(S)

Watch: *Breaking the Cycle*. Also recommended: *The Light is On & Are You a Pilgrim or a Tourist?*.

All videos can be found at <https://dynamiccatholic.com/bestlentever/lent-reflections-2017>

DISCUSSION QUESTIONS

How have you overcome a big struggle in your life?

What is fasting one of the most powerful tools in the spiritual life?

Who has coached you in your spiritual journey?

Do you think holiness is possible for you?

Have you faced resistance when it comes to confession? What can you do to overcome it?

What does it mean to be a pilgrim? How can that perspective impact your Lenten journey and beyond?

What is one thing that you could do to grow spiritually this Lent?

CLOSING PRAYER: *from the front of this booklet*

ANNOUNCEMENTS

The reading assignment for our next gathering is Chapters 31 – 37.

No matter how long it has been, we encourage you to go to Reconciliation this week.

Thursdays during Lent 6 – 7 pm

Saturdays year round

4 – 4:45 pm

Our next gathering will be.... (date & time)

Session Six: Week of March 18

LET YOUR LIGHT SHINE

OPENING PRAYER *from the front of this booklet*

WATCH VIDEO(S)

Watch: *The First Intervention*. Also recommended: *Made for Mission* & *When God Looks at a Resume*.

All videos can be found at <https://dynamiccatholic.com/bestlentever/lent-reflections-2017>

DISCUSSION QUESTIONS

Has a friend ever encouraged you to be a-better-version-of-yourself?

What has been your biggest struggle this Lent? What is holding you back?

How are critics distracting you from what God is calling you to do in the present moment?

How can a habit of gratitude transform your daily life?

How available are you to God at this time?

What mission do you think God is calling you to right now?

The author says happiness is a choice, and resistance almost always stands between you and happiness. **Are you going to choose happiness?**

CLOSING PRAYER: *from the front of this booklet*

ANNOUNCEMENTS

If you enjoyed *Resisting Happiness*, the next title we would recommend is Matthew Kelly's *Rediscover Jesus*. Kelly takes you on a 40-day spiritual journey to encounter Jesus – the amazing friend who is going to help you answer life's tough questions.

BEST LENT EVER®

DON'T GIVE UP *chocolate* FOR LENT

Lent comes every year. It's meant to be a time when we invite God to help us become the-best-version-of-ourselves. But for many of us, Lent isn't a transformative experience. It's just a time when we give up chocolate or something else we enjoy, then go back to it at Easter.

This Lent, do something different. Join our parish for BEST LENT EVER, a free email program from Dynamic Catholic that is designed to help you have a life-changing Lent. Each day, you'll receive an email with . . .



Inspirational
Videos



Practical
Tips



Encouraging
Stories

ARE YOU READY TO HAVE YOUR BEST LENT EVER?

SIGN UP AT

DynamicCatholic.com/40Days

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