

St. Mary's
Journeying Together
Week 4

1. Metanoia: "A Greek word often translated to mean repentance. However, true metanoia is a transformative change of heart, especially a spiritual conversion."
 - a. What are some of the obstacles you experience when it comes to your own metanoia?
 - b. How can you help another person experience metanoia?
2. "Whoever eats my flesh and drinks my blood remains in me and I in him." (John 6:56). We are told that as a result of this teaching many left Jesus.
 - a. What teachings of Jesus do you struggle with?
 - b. What teachings of Jesus have you eventually come to understand better?
 - c. How can you assist another who struggles with Jesus' teachings?
3. How can you encourage others to attend Mass?
4. Eucharistic Adoration is offered at St. Mary's twice a week (Sundays 3PM to 4PM and Wednesdays 6PM to 7PM) and on the first Friday of the month (8:30AM to 5PM). How can you promote Adoration to others?
5. Have you ever considered spending some time in Adoration praying for St. Mary's?