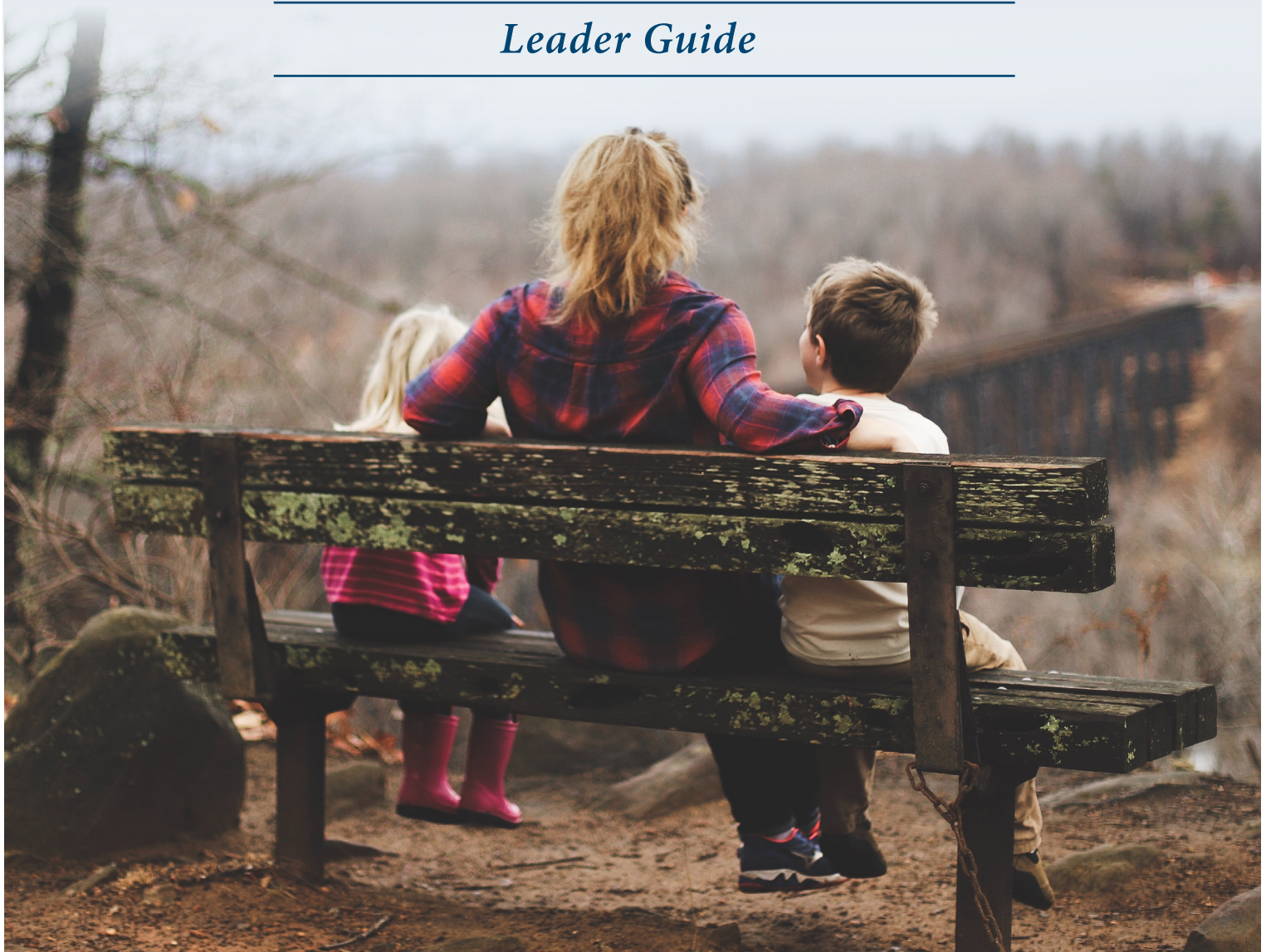


VIRTUE GROUP

for Moms

Leader Guide



Introduction to DISCIPLESHIP AND SMALL GROUPS

Session 1: Virtue overview

Session 2: Charity

Session 3: Faith

Session 4: Hope

Session 5: Fortitude & Prudence

Session 6: Temperance & Justice

SESSION OUTLINE

- Open in prayer
- Short Introduction
- CCC & Bible quotes for discussion
- Take away & practice
- Partner up & check in
- Close with prayer

“GO THEREFORE AND MAKE DISCIPLES OF ALL NATIONS”

— MATT 28:19

Jesus’ parting words at his Ascension, his marching orders to the apostles then and to us now - go do what I did. Jesus spent three years hanging out with twelve friends, teaching them and loving them. They were the original small group. When he left he instructed them to do the same. And they did. They travelled the world telling people about their experience with the Son of God and the Good News of his Passion, death, and resurrection.

Now it’s your turn, only instead of roaming the globe, you will meet via Zoom.

Discipleship means simply being in a relationship with Jesus that is alive, being excited about it, striving to deepen it, and sharing your experience with other people. You do not need to be a theologian or an expert, just a person who loves and trusts Jesus. Your role is to share the small group experience with your friends. The Holy Spirit will do the heavy lifting because he knows the hearts of those in your group.

Being in a small group gives us the chance to pause, pray, and be with others. We experience freedom to have conversations about God and faith. We feel supported. We learn. We love.

The job of facilitating a small group is easy. Start by asking Jesus who he wants you to invite to your group. He will make it clear. The most important thing you can do for your group members is pray for them by name daily.

When you meet each week, be friendly, loving, and warm. It may take a few weeks for people to trust each other and open up. That’s ok.

Be comfortable with some silence. When you ask a question, let people take a minute to think about their response. The silence is always shorter than it feels. If people ask questions you can’t answer, that’s ok too. You can empower them to research the answer or you can tell them you will look into it for next week. Don’t be afraid to ask a probing question such as “what else do you see” or “tell me more.” For some of the questions, there is guidance for you as the leader on what insight we are looking for.

Recognize that the session may not follow the guidelines exactly. The group may go off on a Holy Spirit led discussion and that may very well be what they need. If they get too far off topic, gently remind them of the discussion.

Above all, entrust the group to Jesus and believe that it will be what he desires it to be. If you have any questions, email fredianim@archmil.org.

Session 3: FAITH

PRAYER (5 min)

INTRODUCTION & 90 SECOND CHECK IN (5 min)

“Faith is the theological virtue by which we believe in God and believe all that he has said and revealed to us, and that the Holy Church proposes for our belief, because he is truth itself. By faith ‘Man freely commits his entire self to God.’ For this reason the believer seeks to know and do God’s will.” (CCC 1814)

READ MT 14: 22-33 JESUS WALKS ON WATER (15 min)

Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, “It is a ghost!” And they cried out for fear. But immediately he spoke to them, saying, “Take heart, it is I; have no fear.”

And Peter answered him, “Lord, if it is you, bid me come to you on the water.” He said, “Come.” So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, “Lord, save me.” Jesus immediately reached out his hand and caught him, saying to him, “O you of little faith, why did you doubt?” And when they got into the boat, the wind ceased. And those in the boat worshipped him, saying, “Truly you are the Son of God.”

- **What did Peter do first? Second? Third?**
>> walked toward Jesus on the water in a storm – big faith; seemingly impossible became afraid and doubted cried out for help
- **What was Jesus’ response?**
>> immediately reached out his hand and caught Peter
- **How can we apply this parable to our current situation as mothers?**
>> we can be certain Jesus will help us even in difficult situations if we have faith

READ MT 17: 18-20 (15 min)

And Jesus rebuked him, and the demon came out of him, and the boy was cured instantly. Then the disciples came to Jesus privately and said, “Why could we not cast it out?” He said to them, “Because of your little faith. For truly, I say to you, if you have faith

as a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you.”

- **What does Jesus promise if we have faith?**
- **Can Jesus do the impossible? Do you believe this?**

READ CCC 1816 (15 min)

The disciple of Christ must not only keep the faith and live on it, but also profess it, confidently bear witness to it, and spread it: ‘All however must be prepared to confess Christ before men and to follow him along the way of the Cross, amidst the persecutions which the Church never lacks.’

- **How would you explain faith to your children?**
- **How can we share the faith with our children in a time such as this?**

THE TAKEAWAY & PRACTICE (10 min)

Below, write down one thing you learned in this session or one thing that is speaking to your heart.

Pray the Apostles Creed daily & reflect on what you are confessing belief in. Consider praying it with your children

PARTNER UP (rearrange partners) (5 min)

Take turns checking in daily with your partner via email, text, phone call (!) or face time. This can be a short (5 minutes is okay) check in to hold each other accountable and connect or a longer conversation.

CLOSING PRAYER AND INTENTIONS (5 min)

