

## **SEAS Easter WITNESS Message GROW Guide for Virtual Groups**

### **Week 2 (April 18 & 19) Be Humble**

#### **Prior to meeting as a group:**

- Watch our weekly livestreamed Mass at 11:00am on YouTube live or the replay.
- Watch the Week 2 message series video on "WITNESS" from the St. Elizabeth Ann Seton Website: [www.seasp.org](http://www.seasp.org)
- Read over the message for the corresponding week, found on the parish website: [www.seasp.org](http://www.seasp.org).
- Supplemental Reading from *Everyday Witness*: Ch. 2 (pp. 13-25)

#### **Opening Prayer:**

*For you have delivered my soul from death, and my feet from falling, so that I may walk before God in the light of life. -Psalm 56:13*

*The first step to growing in humility is acknowledging that we walk upright in faith and are greatly blessed by our God. At the same time, we walk with the limp that comes from sin and human frailty. In both our blessedness and our frailty, our merciful God is present and always ready to pick u sup and to set us back on the path of life. (p.14)*

#### **Group Discussion Questions-**

As a group discuss the following from your weekly reading and reflection:

1. What from the message video and/or homily stood out to you this week and why?
2. Trish mentions in the video *true humility is not thinking less of yourself but thinking of yourself less*. How do you feel about this idea?
3. Reflect on the quote from the book together as a group: "*We depend upon God for everything and on all the goodness God has placed in our hearts. To be humble means to live freely, thanking God for all we have and for all our accomplishments, knowing all is gift. It also means that we approach another person with empathy and love instead of judgement.*"
  - How is the world's definition of humility different from how we as Christians would describe it?
  - How do you view this quote considering the Coronavirus pandemic?
4. What person in your life exhibits humility? Reflect on ways that person shows humility and how it inspires and motivates you.
5. Examine your life and recall a recent time when you failed or experienced weakness. How did God unleash a personal strength of which you were not fully aware?
6. How has this pandemic been a lesson in humility?
7. What insights from the group can you take with you this week?

**Growing the Habit of Humility-**

Ask: Pray every day this week for the grace of humility.

Be Aware: Notice and claim a God-given strength in you.

Be Intentional: Reflect on a time when you lost your way or stumbled a bit. What was the strength that brought you back to God's path?

Be an Everyday Witness: Send a card to someone who is going through a difficult time. Let them know you are praying for them.

**Closing Prayer:** Read the following prayer together from "Everyday Witness":

**Prayer to Be Humble**

Good and gracious God, I ask you for the grace of humility to know that I am fearfully and wonderfully made. Help me to accept the complex gift of being human: my capacity for love and empathy and my need for your forgiveness and healing. Deliver me from arrogance, pride, and harsh judgement and fill me with a sense of purpose. Give me a new awareness of my strengths. Life me as I stumble and set me on the right path. No matter what happens, put the words "thank you" on my lips and gratitude in my heart. Help me to be like Jesus, witnessing to your love and mercy with justice, kindness and humility. I ask this in the name of Jesus the Christ, our humble and merciful Savior. Amen.