

# The Faith-Filled Catholic Women's Bible Study Program

## A Leader's Guide for Group Discussion

Patience

Song: "Peace, Be Not Anxious"  
CD 2, Track 5

Insert P-1 through P-4

Composer: Lorie True  
Faith-Filled Catholic Women's Bible Music CD

### Materials Needed

Faith-Filled Catholic Women's Bible and Music CD, CD player, Participant's Worksheet, Candles.

### Setting the Stage

Before this session, mail (or e-mail) any member of the group that may not have been present at the last session the Participant's Worksheet for this session. Also, send a reminder of the date and time of the session as well as directions to the meeting place (if different from the church). To enhance an atmosphere of **Peace**, have the song "Peace, Be Not Anxious" from the Faith-Filled Catholic Women's Bible Music CD playing in the background when the participants arrive.

### Warm Up - Optional (10 minutes)

Ask the participants to use the back of their Participants Worksheet to answer the questions about how much patience they exhibit in these life situations.

1. The car at the light in front of you sits there not seeing that the light has turned green. What do you do?
2. When you get to the minor emergency center with an injury to yourself or family member; you find your are 14<sup>th</sup> in line. What do you do?
3. Your spouse or a family member is taking forever to get ready to go out. You have been ready for 30 minutes and are already 15 minutes late. He or she is still not ready. What do you do?
4. Have any of your family or friends told you that "You need to slow down?"
5. You find yourself on a committee with two-newcomers who have a lot of radical ideas about how to do a job you have been familiar with for years. How would you approach the situation?
6. Someone is telling you a story and taking forever to get to the point. What do you do?
7. Your waiter (in a nearly empty restaurant) is laughing and joking with her friend at the bar 20 minutes after she took your order. What would you do?
8. When you put something in the microwave for 2 minutes. How do you pass the time?
9. What do you usually do with your hands while you are talking on the phone?
10. An item you are wanting will not be in the store for 10 days. However, you can order it on-line and have it in 3 days if you pay extra. Which do you do?

When completed, have some fun sharing your answers with each other.

### Opening Discussion (10 minutes)

Leader: Ask the participants to share their answers to these two questions: What little inconveniences in life try your patience (traffic, lines, etc.)? What secrets do you have to keeping your patience when it is tested? After the discussion, read together the **Plan and Purpose** article on insert page P-1.

## Spiritual Awakening - Opening Prayer

Pray together the **Opening Prayer** at the top of insert page P-2.

### Spiritual Awakening – Recognizing (10 minutes)

Ask for volunteers to read aloud each of the Scripture passages in the **Recognizing** section of **Spiritual Awakening** on insert page P-2. Remind the participants that each reader will pause for a few seconds of silence after each passage to allow anyone to offer any spontaneous thought, prayer, praise or thanksgiving that this Scripture might inspire. After the final Scripture is read, discuss as a group individual answers to these questions: Do you think God has patience with you? When and how is God's patience most evident?

### Spiritual Awakening - Reflecting (15 minutes)

Read Matthew 18:21-35 (Page 1039). Have the participants discuss their answers to these questions: Are you indebted to someone who is waiting on you for something? How patient are you with anyone who may be in debt to you (even if only emotionally)? How patient are you in waiting for repayment of a favor? How patient are you in waiting for the fulfillment of a promise made? How patient are you in waiting for an apology after a disagreement? Share some instances where your patience was tried and rewarded?

### Spiritual Awakening - Reflecting (15 minutes)

Read Matthew 7:7-8 (Page 1018). Remind the participants that God assures us in this Scripture that our prayers will be answered. Have any volunteers share with the group an instance in their life when God's answer to their prayer was not what they expected or did not happen when they hoped it would.

### Group Prayer/ Closing Prayer (15 minutes)

Read the **Faith In Action** article "Wait and Pray" on insert page P-2. After a moment of silence together, say the following prayer: **Leader:** Heavenly Father, in full confidence that You answer all our prayers, we come forward today to light a candle as a symbol of our faith in You. May the light of your love burn in our hearts as we offer up our intentions to You today . . .

(Each woman comes forward to light a candle after which she **enters aloud her individual intentions** After the last participant has lit her candle, all pray together: . . . **give us a patient heart to wait for the answers to our prayers according to the schedule You choose. Give us the ability and willingness to recognize the answers you send. May the light of Christ shine in our lives. Amen.**

### Fellowship (15 minutes)

After the session is completed and while refreshments are served, play softly in the background: "Peace, Be Not Anxious" from the Faith-Filled Catholic Women's Bible Music CD.

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