

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

## A Leader's Guide for Group Discussion

Peace

Song: "Calm Me, Lord"  
CD 2, Track 6

Insert Q-1 through Q-4

Composer: Margaret Rizza  
Faith-Filled Catholic Women's Bible Music CD

### Materials Needed

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

### 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 "Calm Me, Lord" from the Faith-Filled Catholic Women's Bible Music CD playing in the background when the participants arrive.

### Warm Up - Optional (10 Minutes)

To create an atmosphere of quiet, calm and peace, ask the participants to begin by sitting relaxed with their eyes closed for a couple minutes of silence. Lowering the lights and/or burning incense in the room will help to create the most effective mood. After a few minutes of silence, ask the participants to keep their eyes closed as you softly say this prayer:

**Calm me, Lord, as you calmed the storm;  
still me, Lord, keep me from harm.  
Let all the tumult within me cease,  
enfold me, Lord, in your peace.**

Then, ask the participants to open their eyes and pray together, the same prayer again (found at the top of the Participant's Worksheet). Immediately following the prayer, ask the participants to relax as you listen to "Calm Me, Lord" CD 2, Track 6 of the Faith-Filled Catholic Women's Bible Music CD.

### Opening Discussion (15 minutes)

Moving around the group, have each participant share her answers to the following questions:

What is peace? Have you ever felt truly at peace? What is the opposite of peace in your life? What causes you to worry and have anxiety?

### Spiritual Awakening - Opening Prayer

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

### **Spiritual Awakening - Reflecting (15 minutes)**

Read Philippians 4:4-9 (Page 1291). Ask the participants to share a recent time when they were worried or anxious and struggled to turn a concern over to God. Did they ultimately find peace? If so, how?

### **Faith In Action (20 minutes)**

Read the **Faith in Action** article "Winning at Practice" on insert page Q-4. Then, discuss as a group the following questions: What is it that makes life sometimes seem like a series of races that must be won? What do you do to minimize stress and pressure in your life? Share with the group your experience with someone you know who seems at peace. Why do you think they feel that way?

### **Group Prayer**

**Leader:** We offer our prayers, praises and petitions this week especially asking for Your blessing of peace in our lives: **enter aloud all individual intentions.** Heavenly Father, in Your infinite mercy, give us peace in our lives, peace in our families and peace in the world. We ask this in Jesus' name. Amen.

### **Closing Prayer (5 minutes)**

Close by saying together the Prayer of St. Francis:

**Lord, make me an instrument of Your peace.  
Where there is hatred, let me sow love; where there is injury, pardon;  
where there is doubt, faith; where there is despair, hope;  
where there is darkness, light; and where there is sadness, joy.  
O, Divine Master, grant that I may not so much seek to be consoled as to console;  
to be understood as to understand; to be loved as to love;  
for it is in giving that we receive; it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life. Amen.**

### **Fellowship (15 minutes)**

After the session is completed and while refreshments are served, play softly in the background: "Calm Me, Lord" from the Faith-Filled Catholic Women's Bible Music CD.

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