



A Saint? Who, me?

Don't live someone else's life!



HOW MANY SAINTS CAN YOU NAME IN ONE MINUTE?

HOME **GUEST**
2 : **1**

If working in pairs / a group, award yourself one point for every saint you name that they don't have on their list!

CAN YOU THINK OF ANY SAINT WHO HAS PERFORMED MIRACLES, OR HEROIC ACTS OF SACRIFICE?

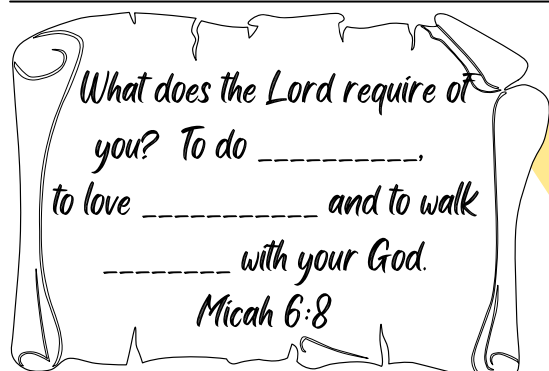


WHAT DO YOU THINK IS NECESSARY TO BECOME A SAINT? IS IT POSSIBLE IN TODAY'S WORLD? WHAT DIFFERENCE WOULD IT MAKE ANYWAY? DISCUSS!

WATCH FR MIKE SCHMITZ' VIDEO: "YOU CAN BE A SAINT. HERE'S HOW" AND REFLECT ON THE QUESTIONS THAT FOLLOW



When we compare our lives to the lives of great saints, what do we think disqualifies us from sainthood? What do saints do that we can't imagine ourselves doing?



WHEN WE'RE TEMPTED TO ASK WHAT GREAT HEROIC ACT OR SACRIFICE DO I HAVE TO MAKE TO BECOME A SAINT, WE CAN FIND OUR ANSWER IN MICAH 6:8 - FILL IN THE GAPS!

In simple terms, "a saint is someone who says YES to God, and never stops saying it." What do you think that means?



Becoming a saint involves following this advice:
 _____ what God wills, _____ God wills it,
 _____ God wills it.



" A SAINT? WHO, ME?"

MARK 7:1-8,14-15,21-23

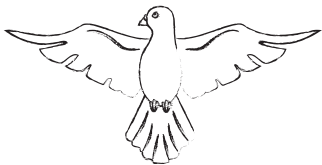
Now Read Mark 7:14-15, 21-23



Jesus was challenged by the Scribes and the Pharisees in this passage because some of His disciples did not perform the Jewish ritual required to clean their hands to the elbow before eating. The Pharisees were more concerned about the superficial appearance of being religious, rather than actually striving for personal holiness and true obedience to God's will. Jesus often challenged them about this. He challenges us too.

We each have a choice to make: we can ignore what God calls us to in His Commandments, and the decisions we know He wants us to make, or we can really look into our hearts and see what needs to be rooted out to make room for Him there. Jesus is pretty blunt about those habits / sins in Mark 7:21-23 that are damaging to our souls, and those around us.

Fr Mike explains our two choices like this: We can say "here's why I'm the exception to that commandment" or we can say, “



REMEMBER: DO GOD'S WILL, AS HE WILLS IT, BECAUSE HE WILLS IT, WITH THE POWER HE PROVIDES FOR YOU TO ACCOMPLISH IT!



- Maybe this week you are being called to a spiritual makeover or bootcamp, no spa treatment, or haircuts, no personal stylist - just you, some time in silence to reflect, and a Divine Friend who knows your heart even better than you do. Jesus knows your motivations for all your actions, He knows your fears, your desires, your dreams. He knows you want to be the best version of yourself, but can struggle with achieving that. He knows why you do the things you do.... and He loves you, in spite of your weaknesses and failures.
- Let Him guide you this week as you reflect on any areas of your life that need to change. It might be a little uncomfortable, but a little pruning is necessary for plants to grow and thrive too.
- If possible, go to receive the Sacrament of Confession too, and leave all those things with the Lord, and make a fresh start, with His grace to support you!



Lord, you offer me so much, and all I have to do is hear your voice and act on it. Help me to make a spiritual makeover this week: to root out anything that prevents me from becoming the best version of myself, a Game-Changer in this world. Take away my pride and help me to do right, to love justice and to walk humbly with You, my God! AMEN



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON WHAT'S INSIDE YOUR HEART THIS WEEK



- [Make me Over \(Natalie Grant\)](#)
- [Refiner's Heart \(Vineyard Worship\)](#)
- [Give me Faith \(Elevation Worship\)](#)
- [From the Inside Out \(Hillsong\)](#)
- [The Real Me \(Natalie Grant\)](#)
- [I Shall Not Want \(Audrey Assad\)](#)
- [The Unmaking \(Nicole Nordeman\)](#)
- [The Change in Me \(Casting Crowns\)](#)

Click the links for the YouTube videos to listen to some suggestions!



AT THE BEGINNING OF A NEW ACADEMIC YEAR, WRITE A LETTER TO YOURSELF. YOU DON'T HAVE TO SHOW THIS TO ANYONE ELSE.
SEAL IT IN AN ENVELOPE, PUT IT SOMEWHERE SAFE AND DON'T OPEN IT UNTIL THE END OF THE YEAR!



Letter to my Future Self

Date: _____

Dear Future Me,

It's hard to believe that when I read this again I'll be just a few days away from finishing this academic year! Well done me! I've made it this far!

My best memory of this summer is _____

My favourite song at the moment is _____

The last movie I saw was _____

My favourite saying / phrase right now is _____

If I had to evacuate my home because of a natural disaster, the three things I would take with me are _____

My best friends right now are _____

The subject / challenge I think I will like the most this year is _____
because _____

The person who knows me best right now is _____

The person (or people) in my year I'd really like to get to know better this year is (are) _____

The three most important people in my life right now are _____

What I think I will enjoy most about this year is _____

What advice have people given me about this coming year? _____

For Christmas I hope I get _____

Letter to my Future Self

As I'm writing this letter, I'm feeling a bit _____
because _____

What scares / worries me most about this year is _____

I wish when people looked at me, they could see (or know) _____

If I could change / improve one thing about myself this year it would be _____

One thing I would do if I wasn't so afraid would be _____

One person I need to forgive is _____

One person I should really tell that I love them is _____

The people that make me feel good about myself are _____

One thing that I'm too hard on myself about is _____

One thing I do that holds me back from being the best version of myself is _____

I want to be remembered for _____

More than anything, by the time I read this letter again I hope that _____

Enjoy your summer!

Kind regards,

Me!