

ST. ALOYSIUS GONZAGA PARISH

- Catholic Book Discussion: *The Jesuit Guide to (Almost) Everything* by Father James Martin, SJ
- Chapter 13: "Be Who You Is"
- November 19, 2015

DISCUSSION OUTLINE

1. The foundational principle of the spirituality of St. Ignatius Loyola is "to find God everywhere" – in everyone and in everything. In Chapter 13, Father Martin guides us to find God in work, job, career, vocation and life. He asks three questions:
 - a. How can you make space for a life of prayer and worship? (page 349)
 - b. How do you balance the need to be connected with the need for solitude? (356)
 - c. How do you stay true to your own morals and values? (360)Do these questions make any "sense" to you?
How do you answer these questions on your own spiritual journey?

2. Father Martin asks the question: What kind of person do you want to become? He writes: "The primary way that we discover what we are meant to do and who we are: desire." (page 342) What kind of person is God calling you to become? What kind of "work" is God calling you to do?

3. Throughout Chapter 13, Father Martin makes references to the "examine practice". (for example: pages 349, 365, 385) What is the "examine"? How does it help a person become a better "version" of oneself? How does it help a person find God everywhere? How does it help a person "skim" from the surface of a person's soul what prevents a person from seeing one's true self? (page 345) Have you put into practice some form of the "examine"? Have you found it helpful? How?

