

ST. ALOYSIUS GONZAGA PARISH

- Catholic Book Discussion Group: *Signs of Life* by Dr. Scott Hahn
- Chapters 10 thru 15 – “A Day in the Life”
- Session Four: May 11, 2017

1. **POSTURE:** Dr. Hahn writes: “Thus the soul expresses itself in our prayer, whether private or liturgical, not only by our words but by our gestures and by the way we comport ourselves.” (page 78) He quotes Romano Guardini: “every part of the body is an expressive instrument of the soul.” He quotes the Psalmist: “You know when I sit down and when I rise up.”
 - Hahn says that the Bible speaks of several postures for prayer: standing, kneeling, bowing and prostration. When does the Church use these postures in the public liturgy? When, if at all, do you use these postures in your personal, private prayer?
 - Is your posture during prayer important or significant for you?
 - What “new” postures have been introduced either formally or informally into our prayer-life and liturgical celebrations?
2. **MORNING OFFERING:** Dr. Hahn writes: “We are called to make an offering of our life, as Jesus did, succeeding where Adam had failed,...” (page 85)
 - In what biblical ritual does Dr. Hahn find the “seeds” for what we now call “the Morning Offering”?
 - “Our altar is our desktop, our workstation, the row that we hoe, the ditch we dig, the diaper we change, the pot we share, the bed we share with our spouse.” (page 85) What does all this have to do with a “Morning Offering”?
 - When did you first hear about the “Morning Offering”?
3. **PRAYERS OF ASPIRATION:** Dr. Hahn writes: “For neither Jesus nor St. Paul meant that we should *say prayers* without ceasing. They intended for us to make our lives into prayer.” (page 90)
 - What does the word “aspire” mean? What are “prayers of aspiration”? How do “prayers of aspiration: help us make our lives into prayer?
 - How and where do you discover what it means to “aspire” in prayer?

4. **THE ANGELUS:** Dr. Hahn writes: "Thus, at the turning point of our day, we remember the turning point of human history." (page 96))
 - Write down everything you already know about "the Angelus"?
 - How does Dr. Hahn connect the story of Moses with the praying of the Angelus?
 - Dr. Hahn cites these words of Pope (Blessed) Paul VI: "And despite the changed conditions of the times, for the majority of people there remains the characteristic periods of the day – morning, noon and evening – which mark the periods of their activity and constitute an invitation to pause in prayer." What is Paul VI teaching us?
5. **GRACE AT MEALS:** Dr. Hahn writes: "When we 'say grace' before (or after) our meals, we transform our homey family meals – and even our meals alone – into 'sacraments' of God's banquet...the prayer lends every meal an importance and dignity it might otherwise lack." (page 102)
 - How does "grace" add "importance" and "dignity" to a meal?
 - How does praying "grace" inspire us to witness to Jesus?
 - Hahn insists that our praying of "grace" unites us "with the historic meals" participated in by our ancestors in faith. What meals? How are they connected?
6. **EXAMINATION OF CONSCIENCE:** Fr. Hahn writes: "We come to see more clearly that all our life, in thought and deed, is lived in God's sight. So we can see a course of action immediately as right or wrong. We become used to referring our conversations, our work, our choices to the Lord." (page 197)
 - What is the difference between "particular" and "general" examine?
 - How does examine led the Christian to Confession?
 - A tough one: what does St. Thomas Aquinas mean when he wrote: "honest memory is the first prerequisite for all the other virtues"? (page 107) And what does this have to do with a daily "examination of conscience"
7. We should leave each book discussion with a resolve to put into practice in our own spiritual journeys at least one thought or action gleamed from the reading and the sharing. 6 different ideas were presented for discussion by Dr. Hahn. For your personal spiritual journey, which is the most important one for you? How will you act on it?