

Session 2

HUMAN FLOURISHING

OPENING PRAYER

Loving Father,

Open our hearts and minds and allow us to slow down to the speed of joy. Show us what is possible and fill us with the grace, strength, and wisdom to live out all the good things we explore here together. Send your Spirit upon us so that we can discover your dream for us to become the-best-versions-of ourselves and have the clarity to see that busy is not our friend. We ask you to bless in a special way the anxious, the overwhelmed, the restless, and the discouraged. Remind us of our need to slow down and inspire us to be filled with profound gratitude and true rest. We ask all this through your Son, Jesus. Amen.

DISCUSSION QUESTIONS

1. Matthew Kelly writes that the “speed of joy” is the ideal speed for each activity. What’s an activity that you’re not doing at the speed of joy (speeding to work, rushing through conversations, etc.)? What adjustment can you make to slow down?
2. What’s an area where you do slow down to the speed of joy (reading the Bible with breakfast, asking about someone’s day)? How do you feel in those moments?
3. What is one thing that you need to start saying “no” to in order to slow down to the speed of joy?
4. How do you feel and act when someone interrupts you? What does that tell you about the pace at which you are living your life?
5. Speed and busyness are obstacles to love. When you find yourself rushing, how do you find that it affects your time for others?
6. How do you feel God inviting you to slow down in one of your relationships?

CLOSING PRAYER

Jesus,

Thank you for bringing us together today to reflect on the importance of slowing down to the speed of joy. Please bless each of us, our families, and our friends with peace. Make us

more attentive so that we can be open to what others need and hear what You are telling us through their words and actions. Teach us to see your face in each person we meet. Encourage us to surrender each day to you, especially when we feel overwhelmed, anxious, or exhausted. Above all, help us slow down to better love others, for it is in better loving others that we better love you. Amen.

THIS WEEK'S HOLY MOMENT CHALLENGE

Do something just for the joy of it this week.

Adoration Reflections:

“But seek first his kingdom and his righteousness, and all these things shall be yours as well.”

(Matthew 6: 33)

“For where your treasure is, there will your heart be also.” (Matthew 6: 21)

“As he was setting out on a journey, a man ran up, knelt down before him, and asked him, ‘Good teacher, what must I do to inherit eternal life?’ Jesus answered him, ‘Why do you call me good? No one is good but God alone. You know the commandments: ‘You shall not kill; you shall not commit adultery; you shall not steal; you shall not bear false witness; you shall not defraud; honor your father and your mother.’ He replied and said to him, ‘Teacher, all of these I have observed from my youth.’ Jesus, looking at him, loved him and said to him, ‘You are lacking in one thing. Go, sell what you have, and give to [the] poor and you will have treasure in heaven; then come, follow me.’ At that statement his face fell, and he went away sad, for he had many possessions.” (Mark 10:17-22)