

GROUP



ONLINE, DO-IT-YOURSELF  
CATHOLIC RETREATS

THE COMPLETE CHRISTIAN  
A RETREAT GUIDE ON THE CALLING OF THE TWELVE APOSTLES

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[RCSpirituality.org](http://RCSpirituality.org)

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# SECOND MEDITATION

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## Fellowship — Amare

### Questions for Personal Reflection or Group Discussion

- 1 What characteristics of my daily life make it hard for me to have meaningful fellowship? What one thing could I do to improve this aspect of my Christian living?
  
- 2 What have been my most meaningful family experiences? What can I do to contribute more to building up my family as a Domestic Church?
  
- 3 Reflect on the friendships that have been most meaningful in my life. Thank God for them. What friendships am I really investing in these days? What does God think about them?

### Biblical Passages to Help Your Meditation



When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him.

– Matthew 6:5-8, NABR



Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for your selves. For my yoke is easy, and my burden light.

– Matthew 11:28-30, NABR



Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus.

– 1 Thessalonians 5:16-18, NABR



And do not get drunk on wine, in which lies debauchery, but be filled with the Spirit, addressing one another [in] psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts, giving thanks always and for everything in the name of our Lord Jesus Christ to God the Father.

– Ephesians 5:18-20, NABR

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# CONFERENCE

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*Apostolate — Dare*

## *Personal Questionnaire*

1 How did I receive my Christian faith? What apostolic activity did God use as a means to bring it to me?

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2 How well is Christ reflected in the way I carry out my daily duties (school, work, family life, etc.)?

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3 What one area in my life needs the most improvement as regards to giving good Christian example through my way of living?

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4 Who has inspired and encouraged me by the Christ-like example of their way of living? Thank God for that person.

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5 How well prepared do I feel to explain the faith (and its practical implications) to others? What should I do to improve my preparation in this area?

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6 How deeply do I respect the power of words for either good or bad? What personal experiences have helped increase this respect?

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7 When was the last time I explained or defended my faith with words?

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8 What types of apostolic works have always attracted me and why?

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9 What apostolic work have I engaged in that has been most memorable for me?

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10 Am I sufficiently involved in the apostolate, or am I a bit off balance in my Christian living, with plenty of prayer and fellowship, but very little apostolic activity?

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## FURTHER READING

*For Reflection & Prayer*

If you feel moved to continue reflecting and praying about this theme, you may find the following books helpful:

- *An Introduction to the Devout Life*  
by St. Francis de Sales
- *A Handbook of Spiritual Perfection*  
by Fr. Philip Dion, C.M.
- *Decree on the Apostolate of the Laity (Actuositatem Apostolicam)*  
Second Vatican Council
- *Christifideles Laici*  
by Pope John Paul II
- *The Soul of the Apostolate*  
by Jean-Baptiste Chautard

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## CONTACT US

*How Are We Doing?*

Please tell us how we can improve future Retreat Guides by giving us your feedback at [www.RCSpirituality.org](http://www.RCSpirituality.org).

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## APPENDIX

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### *Resources for Growing in Prayer*

#### Book Resources

- *A Guide to Christian Meditation*  
by Fr. John Bartunek, LC
- *In Conversation with God*  
by Francis Fernandez
- *Prayer Primer*  
by Fr. Thomas Dubay, S.M.
- *Prayer for Beginners*  
by Peter Kreeft
- *Catechism of the Catholic Church*  
(Part IV, paragraphs 2558-2865)

#### Internet Resources

- [www.RCSpiritualDirection.com](http://www.RCSpiritualDirection.com)
- [www.usccb.org/prayer-and-worship/prayers/](http://www.usccb.org/prayer-and-worship/prayers/)

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### *Types of Prayer (from www.vocation.com)*

The Church recognizes many different kinds of prayer, which can be grouped together under a couple of general categories: vocal prayer, and mental prayer, which can be either meditative or contemplative.

Vocal prayer consists in reciting, either out loud or to oneself, the words of previously composed prayers, and aligning one's thoughts and desires to their meanings. Meditative mental prayer combines personal reflection on a text from the Bible or from some other spiritual work with words of one's own, spoken to God in a heart-to-heart conversation. Contemplative mental prayer brings the soul into more direct contact with God, often without words or ideas; it is the prayer of being in the presence of God, loving him and knowing you are loved by him.

Prayer has as its ultimate goal to praise God and to receive his grace, to deepen our personal communion with God and strengthen the Church. The time we spend in prayer should awaken in our hearts attitudes of adoration, wonder, gratitude, petition, and contrition.

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### *How to Pray (from www.vocation.com)*

We learn to pray by praying. The single most important factor in our life of prayer is our decision to make prayer an integral part of our life. If God matters to me, I will make time for prayer. If he doesn't, I won't.

Prayer, conversation with God, should accompany us throughout our entire day. We should invite God to be a part of all our joys and sorrows, our struggles and concerns, our projects and decisions. He is a loving Father who longs to be "let in" to his children's lives.

Nevertheless, the hectic pace of life requires us to set aside some time to be alone with God. We need to "tune in" to him frequently each day, so that our activities don't end up crowding him out, so that we recognize his action in our daily lives, and so we never impede the grace that he wants to give others through us.

To maintain a healthy prayer life, and therefore a healthy relationship with God, experience has shown the following prayer commitments to be helpful (most Catholic prayer books will have texts for these different prayers):

- Starting the day with a morning offering
- Ending the day with a brief prayerful reflection on how the day went
- Dedicating 10-15 minutes each day to mental prayer
- Praying the Angelus
- Praying a decade of the Rosary sometime during the day
- Regular confession (every month or every two weeks)
- Going to Mass during the week in addition to Sundays
- Praying before meals
- Visiting Christ in the Eucharist

No prayer book, however, can pray for you. God will never force his way into our lives; what kind of friend would? Each one of us has to decide, every day, how much God matters to us, and pray accordingly.