

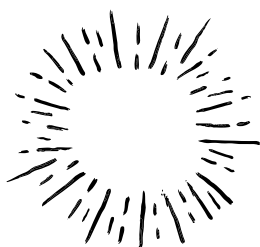
REJOICE & BE GLAD - REFLECTION GUIDE

CHAPTER ONE: THE CALL TO HOLINESS

Re-read these excerpts from chapter one of *Gaudete Et Exultate* (Rejoice and Be Glad), Pope Francis' exhortation 'On the Call to Holiness in Today's World' and reflect on the following questions.

Read "The processes of beatification and canonization recognize the signs of heroic virtue, the sacrifice of one's life in martyrdom, and certain cases where a life is constantly offered for others, even until death. This shows an exemplary imitation of Christ, one worthy of the admiration of the faithful". (5)

Reflect The Church raises us the example of holy men and women to help us grow in holiness through their example and intercession. Who are your favorite canonized saints? Why? Do you pray regularly for their intercession?



Read "Nor need we think only of those already beatified and canonized. The Holy Spirit bestows holiness in abundance among God's holy and faithful people...I like to contemplate the holiness present in the patience of God's people: in those parents who raise their children with immense love, in those men and women who work hard to support their families, in the sick, in elderly religious who never lose their smile." (6-7)

Reflect Who have been your role models and mentors in faith? Why do you consider them saintly?

Read "This is a powerful summons to all of us. You too need to see the entirety of your life as a mission. Try to do so by listening to God in prayer and recognizing the signs that he gives you. Always ask the Spirit what Jesus expects from you at every moment of your life and in every decision, you must make, so as to discern its place in the mission you have received. Allow the Spirit to forge in you the personal mystery that can reflect Jesus Christ in today's world." (23)

Reflect Consider your role in your family, friendships, and profession. What are specific ways you can "be holy"? Who are the people God has placed in your life? How can you witness to them?

Read "The presence of constantly new gadgets, the excitement of travel and an endless array of consumer goods at times leave no room for God's voice to be heard. We are overwhelmed by words, by superficial pleasures and by an increasing din, filled not by joy but rather by the discontent of those, whose lives have lost meaning. How can we fail to realize the need to stop this rat race and to recover the personal space needed to carry on a heartfelt dialogue with God? Finding that space may prove painful but it is always fruitful." (29)

Reflect What are your greatest distractions or obstacles to being a saint today? What new daily or weekly habits would help you to grow in holiness?

