

The background of the entire page is a photograph of a person in a prayerful pose, with their hands clasped and head bowed. A bright, glowing halo surrounds the person's head, creating a spiritual and ethereal atmosphere. The image is overlaid with a blue and green textured pattern.

rebuilt FAITH

Small Group Discussion Guide

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Getting Started

Welcome! This discussion guide is designed for use in six small group meetings of one to two-hour duration, but this schedule can be adjusted to meet the needs of your particular group.

Guidelines for Group Members

Use the following guidelines to help gatherings and conversations go smoothly.

1. Respect for each person is, of course, paramount.
2. Have a copy of *Rebuilt Faith: A Handbook for Skeptical Catholics* and a copy of the Small Group Discussion Guide.
3. Read the Introduction and Week One: Get to Know Jesus pp. 1–43.



SCAN QR CODE
above to download
the Small Group
Discussion Guide

Week One: Get to Know Jesus

Opening Prayer

God, our heavenly Father, reveal to us the truth about your Son who he is and who he can be in our lives. We want to get to know him better. We desire a closer relationship with him. During these forty days, strengthen our resolve, and give us courage to believe.

We pray through Christ our Lord.

Amen.

Video

Write notes or reflections from the video to use in your discussion.

Reflection Questions

1. Introduce yourself if you have not already. Why did you decide to do this small group? What hopes or expectations do you have for this series?
2. As a child, what thoughts or impressions did you have of Jesus as a child? How has it changed over the years? What has helped you mature?
3. What do you like or admire about Jesus? Are there any Scripture stories or teachings that especially appeal to you?
4. Is there anything you don't like about Jesus or don't understand about him? If so, what?
5. Would you describe yourself as having a personal relationship with Jesus? When did it become personal?
6. What are your thoughts on following Jesus for rewards? What rewards do you hope to receive from following Jesus?

DEEPER DIVE

The central question Jesus asks: Who do you say that I am? What's your response to that question?

What needs do you have now that you want Jesus to help you with? What do you want Jesus to do to show his concern for you?

Reading for the Next Session

Week Two: Serve, pp. 46–85

Concluding Prayer

God, our heavenly *Father*,
thank you for the clear instruction your Son, Jesus, gave
so that I might grow in my love for you and others.
May I honor you today by loving the people around me.
In Jesus's name.
Amen.

Week Two: Serve

Opening Prayer

God, our heavenly Father, through your Son's life and death on the Cross, you have taught us that the path to greatness comes through service. In the course of this week, allow me to grow to be more like your Son, who came not to be served but to serve.

I pray through Christ our Lord.

Amen.

Video

Write notes or reflections from the video to use in your discussion.

Reflection Questions

1. Who are the people in your life that you serve? How can serving them help you to become more like Jesus?
2. On a scale of 1-5, how much do you make your life about serving God and others? What is one step you could take to become a better servant?
3. What are the mundane tasks around you that you can do to develop more of a servant's heart?
4. What thoughts do you have about serving in your parish? What opportunities do you see for volunteering in your parish? If you serve in your parish, why do you serve? If not, why not?
5. Who are the people you see as having a servant's heart? What have they taught you about serving?
6. What positive attitudes do you have towards serving others? What negative attitudes do you wrestle with?

DEEPER DIVE

What are the opportunities around you to serve people in need? Who do you find it easy to help? Who do you find challenging to help?

What can you do to guard your heart from negative attitudes about serving?

What problems in the world bother you that you want to solve?

Reading for the Next Session

Week Three: Tithe and Give, pp. 88–125

Concluding Prayer

God, our heavenly Father, you have made me for ministry and to serve the Church through my parish. May my service bring unity to our community, help me grow in knowledge of your Son, and develop maturity in my faith. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever.

Amen.

Opening Prayer

Opening Prayer

God, our heavenly Father, through your Son's life and death on the Cross, you have taught us that the path to greatness comes through service. In the course of this week, allow me to grow to be more like your Son, who came not to be served but to serve.

I pray through Christ our Lord.

Amen.

Video

Write notes or reflections from the video to use in your discussion.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Reflection Questions

1. Do you believe that God is generous? Why or why not? How have you seen God's generosity to you personally?
2. How can listening to Jesus' teachings about money both make us more successful in how we use it and draw us closer to Jesus?
3. What is your natural attitude or feelings about money? What lessons did you learn about money growing up? What have you learned from culture?
4. On a scale of 1-5, how much do you worry about money? Why do you answer as you do?
5. When have you given cheerfully and been grateful for the opportunity to give?
6. What's the difference between an abundance mentality and a scarcity mentality? How do they affect our attitude about giving?

DEEPER DIVE

Do you view giving as an act of worship? Why or why not? Does that change your perspective on giving?

What is your reaction to the 4 p's of giving described in the book? Are you likely to implement it?

What reaction or feeling do you have about being a steward and not an owner? How does being a steward change our approach to money? In what ways can this be a liberating or freeing statement?

Reading for the Next Session

Week Four: Engage in Christian Community, pp. 128–166

Concluding Prayer

God, our heavenly Father, I praise and thank you that you have called me to be a cheerful giver, embracing an abundance mentality. Heal me of my scarcity mindset that believes I have to compete with others for resources. Allow me to see you as my Provider, and help me to be a provider for others.

Amen.

Week Four: Engage in Christian Community

Opening Prayer

God, our heavenly Father, you have designed me and formed me, and I give thanks that I am fearfully, wonderfully made. In your wonderful design you have created me for connections and community, which I need to grow in faith. Bring people of faith into my life to help me grow in faith.

All these things I pray through Christ, our Lord.

Amen.

Video

Write notes or reflections from the video to use in your discussion.

Reflection Questions

1. What is your reaction or feelings about needing a community of faith to grow in your relationship with Christ?
2. Who are the people who have been helpful in your faith journey? Who has helped you to know about God?
3. Six benefits were given in this week's reflection about why small groups are helpful. Which of the benefits are most important to you? The benefits are:
 - they give us friends in faith
 - encouragement in faith
 - believe when we struggle to believe for ourselves
 - help us change and grow
 - relationships that support our other relationships
 - bear one another's burdens
4. In light of your answer to the question above, how can this group support you or be praying for you?
5. Why do you think seeing ourselves as enjoying fellowship with the saints is helpful? Do you have a favorite saint? What about their story resonates with you?

DEEPER DIVE

Who are the people in your life that sharpen you and help you to grow?

When have you seen the benefit of Christian community to help you or help others?

We all feel lonely from time to time. What causes you to feel alone? How do you handle those feelings?

Reading for the Next Session

Week Five: Practice Prayer and the Sacraments, pp. 168–205

Concluding Prayer

God, our heavenly Father, your Son has taught me that I don't have to have faith all on my own. My friends in faith can walk with me and sometimes even carry me when I am struggling to believe in you. Show me the people you want to be a part of my faith journey, and help me to share honestly with them when I need them to believe for me. At the same time, may I be someone who can believe for others.

In Jesus's name.

Amen.

Week Five: Practice Prayer and the Sacraments

Opening Prayer

God, our heavenly Father, thank you for the great gift of prayer and the opportunity to enter into conversation with you. Setting aside a time and a place to connect with you on a daily basis, may I open my heart to your heart and grow closer to you.

In Jesus's name.

Amen.

Video

Write notes or reflections from the video to use in your discussion.

Reflection Questions

1. What were you taught about prayer? Or what impressions did you pick up about prayer growing up? How were you taught to pray?
2. On a scale of 1-5, how would you rank your prayer life right now? Why do you answer as you do?
3. What time, place, and plan do you have for prayer? Why is it helpful to have all three?
4. What does it mean to you to adore or worship God? Why is it essential that we take time to worship God? In what ways do you find it easiest to worship God?
5. When have you seen prayer make a difference and change an outcome? When have you been disappointed that a prayer seemed to go unanswered?

DEEPER DIVE

Has there ever been a time when you have heard from God? Describe what happened. How did you know it was God's voice?

What can you do to cultivate silence in your life so you can hear from God?

What has frustrated you about prayer and made you want to give up on prayer at times? How do you overcome that frustration?

Reading for the Next Session

Week Six: Share Your Faith, pp. 208–230 (and bonus days if you wish)

Concluding Prayer

God, our heavenly Father, thank you for your Son's teaching about prayer. Thank you that he knows when I am tempted to give up and stop praying. Grant me a resilience and perseverance to keep on praying even when it doesn't feel as if it is making a difference. Transform me so that the inclination to pray grows more and more.

Amen.

Week Six: Share Your Faith

Opening Prayer

God, our heavenly Father, your Son calls me to go deeper in my relationship with him by sharing my faith. May I lay aside any fears or self-centeredness and increasingly become open to seeing how I can share the Good News of the Gospel as did the first apostles.

In Jesus's name.

Amen.

Video

Write notes or reflections from the video to use in your discussion.

Reflection Questions

1. Who introduced you to Jesus and your faith in God? How did they do it? What are your feelings toward them?
2. Five ideas were given for our faith and hope in Jesus: life change, the good, the true, the beautiful/aesthetic, unity and simply it works. What is the reason for your hope and faith?
3. Who do you know that is lost or disconnected from Christ and his church? What feelings do you have about them? What would be one way to invest in them?
4. As we wrap up this series and this book, what have been the most important insights for you or growth have you seen? What do you need to do to take your next step in faith?

DEEPER DIVE

What good deeds do you do that connect to your faith in Jesus?

What is your testimony or story about how you have developed a personal relationship with Jesus?

How can you increase our sense of responsibility for the lost?

What about Jesus' character needs to increase in you?

Concluding Prayer

God, our heavenly Father, thank you for my journey of these last forty days. I want my joy to be complete in your Son. May his spirit increase within me as I continue to take steps of faith and so change and transform into the image of Christ.

In his most holy name.

Amen.



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