



## QUESTIONS FOR UNDERSTANDING & REFLECTION

### *Called to Holiness* (Intro – p. 10)

1. What does “holiness” mean?
2. What did St. John Paul II say parishes must become in the twenty-first century? What did he mean by that?
3. Why is a recovery of the Church’s mystical traditions a necessary part of answering the call to holiness?
4. What four principles must we keep in mind in order to have a proper understanding of the spiritual journey?
5. What really holds us back from answering the call to holiness?
6. What is the ultimate source of all our unhappiness?
7. Do you struggle to believe that it’s possible for you to “be perfect, as your heavenly Father is perfect”? Why or why not?
8. What wounds or bad habits do you need to ask God to heal so that you can grow closer to him?

## ***An Overview of the Journey*** (pp. 11-14)

1. What happens to a soul during the purgative stage? List five phases that characterize this stage.
2. What happens to a soul during the illuminative stage? List seven characteristics of this stage.
3. What typically happens to a soul in the unitive way? List five characteristics of this stage.
4. How is suffering different in the unitive stage?
5. What three attitudes does ST. Catherine attribute to souls in the different stages of the spiritual life?
6. How does St. Bernard characterize the feelings experienced by souls as they progress in their journey to God?
7. Did you experience an initial conversion or awakening to faith? How did your first years as a believer reflect the characteristics of the purgative stage?
8. What sins did you have to break away from?
9. What habits of virtue and piety are you still struggling to acquire?
10. What spiritual challenges do you face now that you didn't face in the beginning of your journey to God?