



QUESTIONS FOR UNDERSTANDING & REFLECTION

Growing in Freedom (pp. 205-249)

1. According to St. John of the Cross, what are the signs of true detachment from money and possessions?
2. What are the spiritual ramifications of giving our hearts to money, possessions, and things?
3. What advice does St. Francis de Sales give about how to practice chastity?
4. Why, according to St. Bernard, is pride the beginning of all sin?
5. How does pride obscure our understanding of salvation?
6. How, according to St. Bernard, should we view the merits we possess?
7. What are some of the ways we can consciously choose to humble ourselves? How will doing that help us overcome pride and self-love?
8. How can illness and physical suffering become a means of overcoming pride?

