

# *Rediscovering Catholicism*

## By Matthew Kelly

### **Individual Reflection Questions**

1. Why do you choose to be Catholic and what does that choice mean to you?
2. How do you currently incorporate the tenets of Catholicism into your lifestyle?
3. What is your view of holiness and what do you see as the ultimate goal of a Catholic Christian life?
4. Assess the way you spend your days, weeks, and months. To what are you contributing your efforts, energy, and talents?
5. What role does discipline play in your life? How can it help you become the best-version-of-yourself?
6. How will your life be different this year than it was last year? How do you hope for this change to come about?
7. What obstacles are currently in your life that prevent you from becoming the best-version-of-yourself?
8. If the actions in our lives are determined by our last most dominant thought, identify that thought. How is it impacting your life?
9. Which of the Seven Pillars of Catholic Spirituality (reconciliation, contemplation, Mass, the Bible, fasting, spiritual reading, and the rosary) is most neglected in your life? What will you do to strengthen that pillar?
10. Kelly states, "The only way for our lives to genuinely improve is by acquiring virtue" (p. 309). In what ways will virtues become tools for building the best-version-of-yourself?

# Discussion Questions

1. On a scale of four stars, where four is best, how would you rate the book? Why?
2. The author states that “we become what we celebrate.” Do you agree? What are we celebrating in today’s culture? What does the Catholic Church celebrate?
3. The author contends that the Catholic Church is having an identity crisis. He states that the essence of being a Catholic is transformation to live the Gospel and to be more like Jesus(p. 40). What is your view of being a Catholic in the modern world?
4. Kelly observes that people have stopped going to church because “you and I have failed to show them the relevance of the life and teachings of Jesus Christ in the twenty-first century.” He contends that “personal holiness is the answer to every problem.” What does this mean to you?
5. The author speaks of the prevailing philosophies of individualism, hedonism and minimalism, and how they have worked their way into the lives of many Catholics, such that the Mass, sacraments, and other traditions are cast aside. (p. 81) Do you agree with his assessment?
6. Kelly notes that after Jesus Christ, his greatest inspiration comes from those who have imitated him successfully, particularly the saints because of their singleness of purpose and focus on God’s will. (p. 126) Are the saints valid role models in this day and age?
7. Do you agree that the will of God is simply for you to become the “best-version-of-yourself” (p. 125)?
8. Kelly points out that our spiritual heritage as Catholics is rich in wisdom and practice. In his “Seven Pillars of Catholic Spirituality” (reconciliation, contemplation, Mass, the Bible, fasting, spiritual reading, and the rosary), he speaks of ways to embrace this spiritual heritage and adapt it to the modern context, so that we will thrive once again as Catholics (p. 156). Do you believe these pillars can move you toward your Spiritual North Star?
9. In “Time for a Change,” Kelly describes reform in the Catholic Church as a result of our becoming a more spiritual people. He emphasizes authentic Catholic education and genuine evangelization to cause the whole Church to blossom (p. 275). Why (or why not) is this a worthwhile focus?