



- Pray Rosary
- Opening Prayer: Fishermen's Prayer
- Icebreaker: Where is your favorite vacation or getaway location?
- Introduction:
 - Any feedback from our topics of Leadership and Fatherhood from last week?
 - Were we able to engage any of the **goals** from last week?
 - Leadership: Pray for Wisdom / Strive for Great Things / Read about great leaders of men.
 - Fatherhood: Light a candle (family prayer time) / Watch a movie / Look to St. Joseph.
- Play first video: **Family**
 - Discuss video:
 - What does the battle for the family's soul entail? What are some of the key threats to healthy family life today?
 - In what ways do some men "retreat from the battlefield altogether" in this struggle for the family?
 - What drives men to be workaholics?
 - What are some examples of common sacrifices that men can make for their wives and children throughout the day?
 - Scripture Reflection: *God created mankind in his image; in the image of God he created them; male and female he created them. God blessed them and God said to them: "Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that crawl on the earth."* (Genesis 1:27-28)
 - Goals for the week ahead:
 - **Pray for your family.** Make a commitment to pray for your family each and every day. Choose a specific prayer or devotion (such as a decade of the rosary or a prayer to St. Joseph or the Virgin Mary) and make sure to offer it for your family every day without fail.



- **Keep the Sabbath with your family.** With today's constant barrage of buying and selling and the cacophony of noisy media, the Sabbath (the Lord's Day) as a day of rest is perhaps needed now more than ever. Find ways to preserve the holiness of the Sabbath by decreasing the business of the day and increasing quality time together as a family, such as family meals and family prayer.
 - **Give a better "gift."** Are you more of a gift-giver or a time-giver? Consider Cristofer Pereyra's words about buying things for our children versus spending time with them. Do they apply to you? If you have children, find a specific way to spend more quality time with them on a regular basis, such as reading to them before bed or visiting the park every weekend.
- Play second video: **Life**
- Discuss video:
 - What are some of the practical actions you can take to help protect the vulnerable in your community or our society?
 - Have you ever prayed outside an abortion facility? What was the experience like?
 - How can we as men respond to the notion that abortion is a "woman's issue"?
 - How can we help expectant mothers to choose life?
 - Scripture Reflection: *You formed my inmost being; you knit me in my mother's womb. I praise you, because I am wonderfully made; wonderful are your works! My very self you know. My bones are not hidden from you, when I was being made in secret, fashioned in the depths of the earth. Your eyes saw me unformed; in your book all are written down; my days were shaped, before one came to be.* (Psalms 139:13-16)
 - Goals for the week ahead:
 - **Pray for life.** Remember to pray for the most weak and vulnerable of the world, especially for unborn children. Pray that they might be protected not only by law, but also by a renewed recognition of their human dignity. Perhaps resolve to offer three Hail Mary's every day for the intention of life.



- **Teach your children respect for others.** Lead a family conversation about our obligation to have compassion for the poor, the disabled, the unborn and all members of society. Regularly discuss how every person is made in the image and likeness of God, and what we can do to reach out to the less fortunate. Teach them how to articulate the pro-life position on abortion, physician-assisted suicide and other life issues so that they will be able to defend Catholic teachings with confidence when they are challenged.
 - **Take an active role in defending the vulnerable.** Take action by getting involved in pro-life activities. Join your parish's pro-life group, attend or organize a trip to the March for Life, volunteer at your local crisis pregnancy center, assist single mothers or struggling families, support programs for persons with physical or intellectual disabilities, or care for the homebound or neglected elderly.
- Pillar Focus – September Pillar of the Month: **Commitment**
 - Thank everyone for committing this time God and their personal faith journey.
 - FM Guides: Witness very briefly about how learning about Leadership or Fatherhood has impacted your life. *(Very brief and only as inspired by the Holy Spirit)*
 - Reminder for next meeting date and time
 - Closing Prayer – Call for intentions and Closing Prayer.

Note: Excerpts for this session have been copied from the Knights of Columbus: [Into the Breach Video Series Study Guide](#). (2021)

