



- Pray Rosary
- Opening Prayer: Fishermen's Prayer
- Introduction:
  - Any feedback from our topics of Sacramental Life and Spiritual Warfare from last week?
  - Were you called to incorporate any of the **Calls to Battle**?
    - Sacramental Life: Participate in the Mass with fresh eyes. Consider the book by Edward Sri – *The Biblical Roots of the Mass*. / Tour Your Parish Church / Make Confession a family activity.
    - Spiritual Warfare: Go to monthly Sacrament of Penance and Reconciliation / Learn about the Medal of St. Benedict / Make St. Michael your friend.
- Play first video: **Evangelization**
  - Discuss video:
    - Why are some men afraid or hesitant to share their faith with other men?
    - If someone asked you why you are Catholic – how would you respond?
    - Why do some men compartmentalize their faith – for example keeping faith out of the workplace, their business, their financial decisions?
    - How does a cultural preference for tolerance over truth make it hard to discuss the truth with others? What virtues and personal skills must men exercise when discussing the truths of the Catholic faith with others?
    - Other questions from *Understanding the Breach*.
  - Scripture Reflection: *Always be ready to give an explanation to anyone who asks you for a reason for your hope, but do it with gentleness and reverence, keeping your conscience clear...* (1 Peter 3:15-16)
  - Goals for the week ahead:
    - **Share your story of faith.** Take the advice offered in this episode: identify at least one member of your family or a friend with whom to better share your faith. As Darrell Miller says, simply share your story of what God has done in your life. Ask the other person about their story and if they see God as being present in their life.



- **Serve the least among us.** Perhaps you already participate in a parish ministry that serves the poor or needy. If not, consider selecting a charity or ministry at your parish and begin volunteering on a regular basis as you are able. Serving the needy is a vital way to share Christ's love and witness to your faith.
  - **Order your time to God.** At the end of each day for a period of time (perhaps a week or a month), examine how you used your time that day. Reflect on where you used your time well, where you wasted it, and what you did and didn't do. Write down specific things you plan to do to better utilize your limited time, giving special emphasis on spending time with God in prayer and with your family.
- Play second video: **Cornerstone**
- Discuss video:
    - What does it mean to build your life on Christ? What does it entail doing or not doing?
    - What is the meaning of life? How would you respond to that question if it was posed to you by your teen son or daughter?
    - The saints are holy, which means they practice "heroic virtue." Do you seek to practice the virtues – such as courage, justice, and hope – in your own life? What does it mean to practice these virtues in a heroic way?
    - As Catholic men we are called lead a disciplined life of prayer, reading Sacred Scripture, attending Mass, examination of conscience and confession, and building fraternity with other men. Does this level of discipline seem realistic for you in your own life?
  - Scripture Reflection: *"Why do you call me, 'Lord, Lord,' but not do what I command? I will show you what someone is like who comes to me, listens to my words, and acts on them. That one is like a person building a house, who dug deeply and laid the foundation on rock; when the flood came, the river burst against that house but could not shake it because it had been well built."* (Luke 6:46-48)
  - Goals for the week ahead:
    - **Make time for prayer.** Matt Fradd says that it's "just a lie that we don't have time to pray." You cannot make Christ the foundation of your life without regular prayer. What do you do now to "kill time" during the day



or between tasks? What mindless habits or wastes of time do you engage in? Try to identify some of these things in your life—such as surfing TV channels before dinner or scrolling through social media before bed—and instead set aside that time to pray and put your focus on Christ.

- **Get with the program.** Matthew James Christoff’s call to discipline your life is necessary for any man seeking to build his life on Christ. Write down a rule or plan of life with specific actions to better and more consistently practice your faith, with a special focus on prayer and the sacraments. Make the plan challenging, but realistic—there is always room to grow. Modify it at the beginning if you find certain aspects work or don’t work for you.
  - **List your gifts.** It can help us build our life on Christ by remembering what he has done for us, which is everything. Everything good in our life is a gift of God. Reflect on all the gifts God has given you and write them down. Add to the list and revisit it often. Try to focus on the positives, the good things in your life, and give thanks for them constantly.
- Pillar Focus – October Pillar of the Month: **Fasting**
  - Thank everyone for committing this time God and their personal faith journey.
  - FM Guides: Witness very briefly about how learning about Evangelization and Cornerstone 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)*