



- Pray Rosary
- Opening Prayer: Fishermen's Prayer
- Introduction:
 - Any feedback from last session's topics:
 - **Developing a Discipline in Prayer**
 - **How a Life of Sin Leads to Despair**
 - Any feedback from the MCRC reading for this past week:
 - Spend some time discussing the different topics covered in the reading for the past week.
- Play first video: **Fasting and Mortification**
 - Discuss video:
 - What is mortification?
 - *Practice of self-denial and discipline / to "put to death" sinful desires and strengthen the will, ultimately aiming for a deeper union with God through internal and external means.*
 - *Internal mortification focuses on the inner struggle against sin: pride, self-love, and disordered desires.*
 - *External mortification: This involves self-denial through physical practices: fasting from something pleasurable.*
 - *Mortification strengthens the cardinal virtue of Temperance!*
 - What is fasting?
 - *A type of mortification that helps us master cravings instead of being driven by them.*
 - *When the intellect governs passions, one more easily chooses what is good as opposed to slavery to our passions*
 - *Penitential purpose; often associated with repentance. Think about Jonah & Assyrians.*



- *Fast and pray! When we fast, we offer up in prayer to God a sacrifice of a good (food) for a greater good (prayer). Jesus stated that some demons can only be expelled through fasting and prayer.*
 - What is a Fishermen fast?
 - Does anyone have any experience with fasting and the graces received as a result?
- Play second video: **How a Virtuous Life Leads to Joy**
 - Discuss video:
 - What is the difference between divine joy and earthly pleasures?
 - *Pleasures are sensual -fleeting / joy is heartfelt contentment*
 - *God has a place in our heart that only he can fill, when we fill it with earthly pleasures, we end up feeling empty.*
 - What impact does a Christian Baptism have on our natural virtues?
 - *God's Sanctifying Graces supercharge our natural virtues.*
 - The graces that we receive in the sacraments should cause us to be different from other men who are not Catholic. Why is it that often times we seem to blend right in with the culture?
- Consecration Final Notes
 - There are forces in the world that do not wish for you to complete this Marian Consecration. If you miss a day or two – do not give up!
- Pillar Focus – November Pillar of the Month: **Eucharistic Adoration**
- Thank everyone for committing this time God and their personal faith journey.
- FM Guides: Witness very briefly about how learning about Marian Consecration 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.