

## **Questions for study and reflection throughout the month and for deeper discussion at the Team Meeting.**

In today's busy world:

- how can we as individuals grow in holiness?
- help our spouse grow in holiness?
- grow as a couple in holiness?

How in your opinion does the combination of all of the Teams endeavours lead us to holiness and to a change of perspective on life?



### **For Our Sit-down**

After Jesus read the words from Isaiah in Luke 4: 18- 19, He said “This text is being fulfilled today even as you listen.” How as a couple do we help each other live out this mission in our life and fulfil our baptismal vows?



### **After the Team Meeting**

Jesus asks us to “*learn from Me as I am gentle and humble in heart.*”

To be gentle and humble in heart takes great strength of character, needing affirmation and support in today's consumerist society. How in the past have we helped each other to grow in these virtues?

Soon after the Team meeting reflect on this individually, then share intimately as a couple and practice these values with increased awareness throughout the month.