

BLESSED CONVERSATIONS

GOD THE FATHER, SON, & HOLY SPIRIT

**A BLESSED IS SHE
REFLECTION ON THE CATECHISM**



HELLO, SISTER.

We are so glad you're here. The purpose of our Blessed Conversations Catechism series is to grow more as Catholic women, to reflect more on the beautiful teachings of our Faith through the Catechism and Scripture, and build community and relationship with each other as sisters in Christ.

Let us open ourselves up to His great love for us by reflecting on the great Traditions of our Faith. We are the daughters of the King, so let us get to know Him even more.

Love,
Jenna Guizar
Founder and Creative Director, Blessed is She

Nell O'Leary, Managing Editor and Susanna Spencer, Theological Editor
Reflection by Beth Davis, Director of Ministry Advancement
Designed by Erica Tighe, Creative Manager
Leader's Guide by MaryRuth Hackett, Director of Operations

The purpose of our Blessed Studies is to better acquaint ourselves as Catholics with the Catechism and related Scripture, and build our relationships and community as sisters around entering more fully into the richness of our Tradition.

Scripture quotations are from the Revised Standard Version of the Bible—Second Catholic Edition (Ignatius Edition), copyright © 2006 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

Catechism of the Catholic Church referenced here is from the Latin text available on the Vatican website, copyright (c) Libreria Editrice Vaticana, Citta del Vaticano 1993. We encourage you to pull out your Catechism or pull up the website, following along and referencing the citations.

All downloads are the copyright of Blessed Is She and distribution or reselling of the original or printed files is prohibited. The downloads are designed to be used for non-commercial and personal use only. Permission is given for printing at home and/or a commercial printer for private use. With your purchase, you agree to the terms of service.

In this three week study, we will enter more deeply into the nature of our relationship with the three Persons of the Blessed Trinity as set forth in the Creed section in the Catechism of the Catholic Church. If you have felt hesitant or uncertain about how to deepen your relationship with God the Father, the Son, or Holy Spirit, this guide is here to help you and your group of women do just that.

Each Person of the Blessed Trinity is discussed in four parts:

Your leader has more instructions in her leader guide, but suffice it to say: take your time working through these four sections. They are compact and chock-full of goodness. There isn't a right or wrong way to work through the chapters!

Here are a few options:

You can read aloud a chapter together as a group

You can then discuss the questions

You can read it ahead of time

You can ponder the short Scripture verses using lectio divina

You can journal about what speaks to you and what lingers after your sisters' voices have faded



THE SELECTION FROM THE CATECHISM



SCRIPTURE RELATED TO IT



A REFLECTION, AND



DISCUSSION QUESTIONS.

God bless you abundantly as you journey through this together. Please reach out to our Director of Ministry Advancement, Beth Davis, with any questions along the way:

bethdavis@blessedisshe.net



01

GOD THE FATHER



The Catechism teaches us that faith in God the Father leads us to Him. We encounter Him as both our origin and our ultimate goal, this beautiful starting and ending in Him and Him alone. (§229) Of course, He is still a mystery to us, even in moments and times of revelation. Yet inside that mystery, we know He is Truth and Love. (§231) He will always love us and never leave us in this powerful paternal relationship. (§230)



EXODUS 34:6

The Lord passed before him, and proclaimed, “The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in mercy and faithfulness...”

JOB 11:7-9

Can you find out the deep things of God? Can you find out the limit of the Almighty? It is higher than heaven—what can you do? Deeper than Sheol—what can you know? Its measure is longer than the earth, and broader than the sea.

1 JOHN 4:16

So we know and believe the love God has for us. God is love, and he who abides in love abides in God, and God abides in him.



A very wise priest once told me that we're all just looking for a mom and a dad. And gratefully, in our Catholic faith, both of these longings are fulfilled. The Blessed Virgin Mary is the most understanding mother and God is the perfect Father. But each of us brings our experience of fatherhood to our relationship with the Father. For better or for worse.

I spent many years feeling suspicious of God the Father, keeping Him at arm's length. Jesus? The best. The Holy Spirit? Exciting! God the Father? Not so much. And when I did approach Him, I winced, bracing myself for a blow. Surely He would run out of patience with me, and I would run out of chances with Him. In the depths of my heart I believed that I was a disappointment to God.

Only by His invitation did I begin to discover who the Father really is. The Catechism explains that it is the Lord who reveals Himself to us, who undoes our false images and shows us His true character. To my surprise, those weren't just words when it teaches us that at His very Being, God is Truth and Love. (§231) We find further proof of this love in the Book of

Exodus where we read that the Lord is "merciful and gracious, slow to anger and abounding in mercy and faithfulness." (34:6) This is the heart of a Father toward His children. Not in the dim or fractured image of our earthly dads. Even the most wonderful, loving fathers here on Earth offer us only a picture of the perfect love the Heavenly Father pours out on us, His precious daughters.

I've found confirmation of His achingly tender ways in the writings of spiritual giants like Saints Therese of Lisieux and Faustina Kowalska who experienced the compassionate gaze and gentle touch of a generous Father who provided for their every need. And my own prayer now has found a rhythm and an intimacy deeper than words as I sit on the Father's lap, ear to His chest, listening to the strong, steady beat of His heart.

The Apostle John tells us that God is love. (1 John 4:16) It's not only what He does, it's Who He is. God isn't angry or distant or disappointed. He's not keeping score. He is the perfect Father, full of patient, relentless love—for you.

*I SIT ON THE
FATHER'S LAP,
EAR TO HIS CHEST,
LISTENING TO THE
STRONG, STEADY
BEAT OF HIS
HEART.*



01. When you close your eyes and picture God the Father, is He Santa-esque or Zeus with his thunderbolts? Is He filled with mercy or justice? How do you think He sees you?

02. Looking back, where can you see God's movement in your past? What hopes do you have for the future?

03. Reflecting on your own father and your relationship with him, are there ways you want to view God the Father differently?

[illegible]



02

GOD THE SON



Even by His very name, Jesus is our Savior. Jesus means “God saves.” (§452) Christ means Messiah, or “anointed one.” (§453) Not only does the Catechism tell us about His relationship to us, His people and His Church, but it also goes into great detail about how Jesus is God’s Son. This eternal and unique relationship with God signifies He is the only Son of the Father and is also God Himself. (§454) It isn’t enough to see Jesus as a great prophet or a man of wisdom who spread the Golden Rule. We believe Jesus Christ is the actual Son of God which is fundamental to our Christian truths. (§454) In addition to being fully human, He is fully divine and deserving of the title “Lord,” meaning divine king. (§455)



PSALM 2:7

I will tell of the decree of the Lord:
He said to me, “You are my son, today
I have begotten you.”

MATTHEW 3:17

[A]nd behold, a voice from heaven,
saying, “This is my beloved Son, with
whom I am well pleased.”

JOHN 1:14

And the Word became flesh and
dwelt among us, full of grace and
truth; we have beheld his glory, glory
as of the only-begotten Son from the
Father.



Having been raised Catholic, I always found comfort and a sense of belonging in the Church. But it wasn't until I had a conversion of heart in high school that I fell in love with Jesus. I was pretty boy-crazy back then and longed for love. But no cute guy—not even the good Catholic ones—could satisfy my desire to be known. The Scriptures refer to Jesus as the Hope of Israel, and when I came to know Him as a real person, the Son of God who put on skin for me, I understood that in Christ all of my hopes were also realized. (§453)

In the Gospels we read true accounts of the life of Jesus who lived in time and had parents and ate food and loved people. He also commanded the wind and waves, fed thousands with a small boy's lunch, suffered excruciating pain and died a criminal's death only to come back to life three days later. In His birth and life and death and Resurrection, the one "who is to come" came for us. (§453)

God wants to be intimate with us so Jesus

was born a baby. We can come close to the manger and snuggle the Precious Infant, beholding His humility and gentleness. God desires our wholeness and health so Jesus healed the lame and gave sight to the blind and restored the dead back to life. God wants to encounter us in our weakness so Jesus became our Savior. In this way we can approach Him even in our sinfulness and experience His mercy and understanding. Because of Jesus, we don't have to question whether God is for us or if He loves us. Jesus shows us that the answer is a resounding yes!

This same Jesus pours into me the unfailing love I have always longed for. He understands me without a word spoken. His very presence brings peace to my anxiety and light to my darkest moods. He is both the Savior of the whole world and my most intimate friend. There is no one and nothing that can satisfy us but Jesus. And just as He came into the world, He desires to come ever more deeply into our hearts to flood us with His love.

***HE IS BOTH
THE SAVIOR
OF THE WHOLE
WORLD AND MY
MOST INTIMATE
FRIEND.***



01. What does it mean for you that Jesus is the Divine King?

02. Jesus is both fully human and fully Divine (hypostatic union). Do you feel Jesus can relate to your struggles? Do you feel His mercy and love extends into your darkest separation from God?

03. How would believing Jesus wants an intimate relationship with you change the way you relate to Him in prayer?

04. Take a moment to ask Jesus what His hopes are for you, for your relationship. What do you hope for?

[illegible]



**GOD THE
HOLY SPIRIT**



The Holy Spirit is sometimes understated in His role as the Third Person of the Blessed Trinity. The Catechism teaches us that the Spirit's mission is inseparable from Jesus' mission. (§743) It is the Holy Spirit who brings Jesus into the Blessed Virgin Mary's womb, and He anoints Jesus right at the moment of Incarnation. (§§744-45) In turn, Christ pours out the Holy Spirit on His Church and the Spirit performs a whole array of roles: builder, animator, sanctifier of the Church. (§§746-47) In a beautiful image, we are taught that the Church is the Sacrament of the Triune God's (all three Persons) communion with people. (§747)



JOHN 14:26

But the Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you.

MATTHEW 28:19

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit[.]

ACTS 2:3-4

And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance.



I didn't meet the Holy Spirit until I was a junior in high school. The Holy Spirit knew me all along, of course. But I never much heard about His presence or power until I was being prepared for Confirmation.

Since those early days of learning to walk in the Spirit, I've noticed a paradox within myself and heard this same sentiment from other Catholics: we limit the Holy Spirit in two opposing ways. First, we think that He is a gentle breeze blowing through a beautiful sacrament celebration, that the Holy Spirit is only a lovely fragrance, bringing peace and joy to white-smocked little ones. On the other end of the spectrum is a totally different kind of limitation. Stories of the supernatural accompany the Holy Spirit—inexplicable healing, tongues of fire, the parting of the sea—so we start to believe He's only responsible for the big, flashy miracles in our lives.

By consigning Him to the sweet and

the surreal, we've missed the beauty of the Spirit's activity in our everyday lives. He is not only with us in the beginning moments or in the big moments, but in every moment in between.

The Catechism tells us that the Spirit performs three essential functions for the Church in building Her, animating Her, and sanctifying Her. (§747) Yes, He is building, animating, and sanctifying us when we receive the Sacraments. But He is doing this same work in a staff meeting when you might be required to speak up in defense of some injustice, or as you daily discern how to raise a child, or when you're navigating choppy waters in dating or marriage. He is walking with us through it all.

The Holy Spirit is the fulfillment of God's promise to us that He will never leave us alone. I was not alone before I met the Holy Spirit in a small retreat house as a teenager, and neither are you.

***WE'VE
MISSED THE
BEAUTY OF
THE SPIRIT'S
ACTIVITY
IN OUR
EVERYDAY
LIVES.***



01.

The Holy Spirit is inseparable from Christ in His mission. Do you have a prayer relationship with the Spirit? If not, what is holding you back?

02.

Sometimes you hear the Holy Spirit referred to as the love between the Father and the Son. Is there an image of the Spirit that resonates best with you to feel more connected?

03.

Do you view the Holy Spirit as either a breeze or a torrent? What are concrete ways to pay attention and notice the Spirit working in your life in a more steady way?

04.

Have you ever felt the Spirit's movement in your life? Can you share how that took place?

[illegible]

BETH DAVIS is the Director of Ministry Advancement for Blessed is She. In this role she writes and directs retreats and curriculum, coordinates with parishes, and develops community from the ground up. She served as a youth minister for eleven years in Flagstaff after earning her degree in Special Education from Western New Mexico University. She is passionate about teaching women how to develop an intimate relationship with Jesus and speaking hope to weary hearts.

FIND OUR ADDITIONAL STUDIES AT:

blessedisshe.net/shop