

**LIFT GROUPS**

**Communion and Community**

1. **Living in the Communion of Persons**

***That they may all be one, just as you, Father, are in me, and I in you,***

***that they may also be in us.***

***John 17: 21***

1. The greatest of these is love: 1 Corinthians 13: 13
2. You are your sister’s keeper: Matthew 18: 15
3. What is yours belongs to everyone: Acts 4: 32 - 35
4. **Building Communion in Community**
   1. Foundation of Prayer
   2. Sharing in Joys and Trials
   3. Real and Raw Conversations
   4. Walk Alongside Each Other
   5. Grow in Discipleship Together
5. **Healthy Community Habits**
   1. Trust and Vulnerability
   2. Confidentiality
   3. Mutual Respect
   4. Openness to Grow
   5. Commitment
6. **Feminine Pitfalls**
   1. Cliques
   2. Gossip
      1. Is it True
      2. Is it Good
      3. Is it Necessary
      4. Is it Mine to Share
   3. Compare and Despair
   4. Compete and Defeat/Retreat
   5. Perfectionism and Pride

Passages for Prayer

Colossians 3: 12 - 17

1 Corinthians 12: 25 - 27

**Novo Millennio Ineunte**

(At the Beginning of the New Millenium)

St. John Paul II

A spirituality of communion indicates above all the heart's contemplation of the mystery of the Trinity dwelling in us, and whose light we must also be able to see shining on the face of the brothers and sisters around us.

A spirituality of communion also means an ability to think of our brothers and sisters in faith within the profound unity of the Mystical Body, and therefore as "those who are a part of me". This makes us able to share their joys and sufferings, to sense their desires and attend to their needs, to offer them deep and genuine friendship.

A spirituality of communion implies also the ability to see what is positive in others, to welcome it and prize it as a gift from God: not only as a gift for the brother or sister who has received it directly, but also as a "gift for me".

A spirituality of communion means, finally, to know how to "make room" for our brothers and sisters, bearing "each other's burdens" (Gal 6:2) and resisting the selfish temptations which constantly beset us and provoke competition, careerism, distrust and jealousy.

Let us have no illusions: unless we follow this spiritual path, external structures of communion will serve very little purpose. They would become mechanisms without a soul, "masks" of communion rather than its means of expression and growth.