

**SESSION FIVE: OUR DIGNITY AS WOMEN**

10 minutes **Welcome/Opening Prayer:** Session Leader

20 minutes **Icebreaker**:

Did you have any experience this past week of reaching out to a sister from your small group?

In your view, what does the culture have to say about women and their sexuality? Is it a positive or a negative message?

30 minutes **Session FIVE Formation**: The Dignity of Women

30 minutes **Small Group Discussion:**

1. What is one thing that struck you most in this talk?

2. St. John Paul II describes women as receptive, generous, maternal and sensitive. Which of these qualities is most natural for you and which is an area for growth?

3. Can you identify any of Satan’s strategies at work in your own life experience or society?

4. What virtue of Mary do you need most right now?

20 minutes **Putting Into Practice**: (share with your group)

What is one of the marks of the feminine genius (Receptivity, Generosity, Maternity, Sensitivity) that you want to unleash in your life right now?

Ask Our Lady for the grace to grow in one of the virtues that you need the most right now.

10 minutes **Closing Prayer**

See if anyone in your groups need prayer. Pray with that person.

Pray for your intentions for the week.