

# DISCUSSION QUESTIONS FOR RISE ABOVE

## EPISODE 1 RISE ABOVE LOSS

[https://youtu.be/i\\_-jvJcBTRo](https://youtu.be/i_-jvJcBTRo)

We are so glad you have decided to watch Session 1 of 'Rise Above' with Fr. Terence Pereira. Form a community or group and gather online to watch the video, then answer the questions below.

- 1. Take a few moments to introduce yourself. Share your name, parish and favourite food.**
- 2. The COVID-19 outbreak is an experience of loss - from the smallest loss of convenience to the greatest loss of life. What do you miss most about life before the pandemic?**
- 3. Fr. Terence described these times as a 'desert experience'. What word best describes where you are in your spiritual life right now? Why have you chosen this word?**
- 4. What do you appreciate most about the Eucharist?**

## EPISODE 2 RISE ABOVE DISORIENTATION

<https://youtu.be/-n2gV1NdtzU>

Watch this video & share with your group/community your answers to these questions. Listen intently to your members and light up the conversations by responding to them!

- 1. Take a couple of seconds to share which parish you are from and what is one thing you are thankful for this week.**
- 2. Our days were filled with stories of layoffs, panicked grocery buying and regulations meant to stop the spread of the virus. What thoughts and feelings stirred in you as you watched or read the news?**
- 3. Read Matthew 8:23-27. What are the greatest storms you have endured? How did your faith sustain you?**
- 4. Fr. Terence encouraged us to reflect on the promises of God and to share it with the community. Share a scripture verse that has helped you in this time.**

## EPISODE 3: RISE ABOVE ISOLATION

[https://youtu.be/rd28WJV\\_-Qo](https://youtu.be/rd28WJV_-Qo)

Here we are already at the 3<sup>rd</sup> session of "Rise Above"! We hope that going through this study together has been life-giving to you so far. Even though we still cannot gather in large groups, we do not have to be spiritually alone.

You know the drill now! Check out the session video and answer some discussion questions found below!



- 1. Are you more of an introvert or an extrovert? How has your personality come into play during this time of social distancing?**
- 2. What statement or idea stood out to you from this week's session?**
- 3. Matthew 28:20 "And remember, I am with you always, to the end of this age." How have you experienced Jesus being present to you?**
- 4. In your own life, what does it mean concretely to "offer Jesus" to someone else? Be as specific as possible and commit to this action over the course of the week.**

#### **EPISODE 4: RISE ABOVE SELF-PRESERVATION**

<https://youtu.be/2gUEbFmqp0o>

Just like that, we have reached the final session of Rise Above! Don't forget to share your thoughts after watching the last episode.

- 1) How was it for you during the circuit breaker? What new skills or talents have you discovered about yourself or your loved ones?**
- 2) Read the parable of the Good Samaritan (Luke 10: 25-37). What lessons does the Samaritan man teach me?**
- 3) What effect will it have if all of us choose to look out for someone else besides ourselves?**
- 4) Jesus tells the lawyer and us to "Go do likewise," by showing mercy to those in need. How can I do likewise, becoming a neighbour to those who need my help?**

