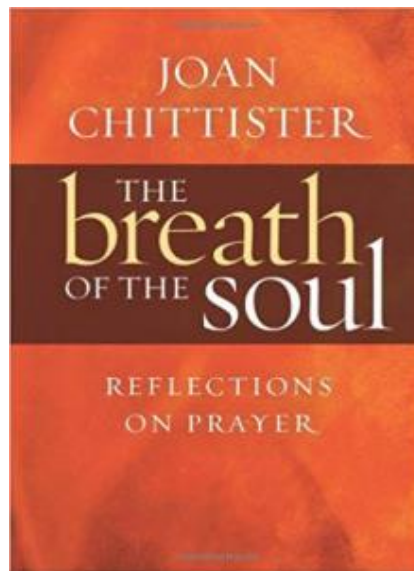


Discussion Questions

The Breath of the Soul: Reflections on Prayer



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Respond to one or more of the questions below

QUESTIONS:

1. If you had to choose one chapter from this book to send to a person regarding prayer, which chapter would you select? Why would you choose this one?
2. Which of Sister Joan's reflections reinforced what you'd been taught about prayer? Did any reflections contradict it? Challenge it?
3. Which one mantra from these chapters will you memorize and integrate into your daily prayer life? Why did you choose this particular mantra?
4. In chapter 12, "Gratitude," Sister Joan reminds us that "Praise is not an idle virtue in life. It says to us, 'Remember to whom you are indebted. . .'" Name five people to whom you are indebted and explain why.
5. Which two or three chapters most deepened your understanding of prayer?
6. On page 74, Sister Joan writes: "Prayer opens us to ourselves. It exposes our weaknesses. It enlarges our vision of the purpose of life. It dings into us the word of God. It unmask our own needs. It calls us to become the rest of ourselves." Which one or more of these "results" of prayer are true for you? Explain.
7. In the chapter on "Responsibility" Sister Joan maintains that, "Our ideas of God determine our ideas of prayer." What are some of your "ideas of God" and how have they effected your "ideas of prayer"?
8. How would you describe your prayer life? When do you pray? What do you pray? Why do you pray?

9. There is a quotation by Margaret Gibb on page 114. Read it several times. Then state what you think are at least 5 things happening in the US and/or world today “that are breaking God’s heart.”

10. If you were having a conversation with Sister Joan about prayer, what questions would you ask her? What questions do you think she might ask you?