

Seasonal Reflection Guide

WALKING WITH CHRIST THROUGH THE CHURCH YEAR

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It keeps bringing us back to the mystery of Christ*



The liturgical year is more than a calendar. It keeps bringing us back to the mystery of Christ—waiting, receiving, repenting, dying, rising and growing.

Advent | Watch & Prepare

- Where am I waiting right now?
- What is crowding out attention to Christ?
- What can I simplify so I can receive Christmas rather than just manage it?
- ***Practice: Choose one small daily act of quiet, mercy, or preparation.***

Christmas | Receive & Rejoice

- What does the Incarnation tell me about God's willingness to come close?
- Where is joy asking to be received instead of manufactured?
- Who may need welcome, warmth, or companionship this season?
- ***Practice: Keep celebrating beyond December 25. Make room for prayer, feasting, and gratitude.***

Lent | Return & Repent

- What needs conversion in me?
- What attachment has more control than it should?
- How can prayer, fasting, and almsgiving become more than a checklist?
- ***Practice: Choose Lenten disciplines that make you more available to God and neighbor.***

Sacred Paschal Triduum | Stay Close

- Holy Thursday: What does Jesus teach me about self-giving love and sacrifice?
- Good Friday: What suffering do I need to bring to the Cross?
- Holy Saturday: Can I remain faithful in the silence between loss and fulfillment?
- ***Practice: Protect time for the Church's liturgies when you're able.***

Easter | Live As If Resurrection is True

- Where have I seen new life come from something I thought was finished?
- What fear is resurrection hope challenging?
- Where can I practice joy more deliberately?
- ***Practice: Celebrate the full Easter season, not just Easter Sunday.***

Ordinary Time | Grow & Follow

- Where is discipleship becoming practical in my everyday responsibilities?
- What virtue does God seem to be growing in me?
- What ordinary act of faithfulness matters more than I realize?
- ***Practice: Choose one consistent habit that helps faith take root in daily life.***

My Season with God

The liturgical season: _____

What I am noticing: _____

What I am being invited to receive:

What I am being asked to release:

One practice for this season:

One prayer I want to carry:
