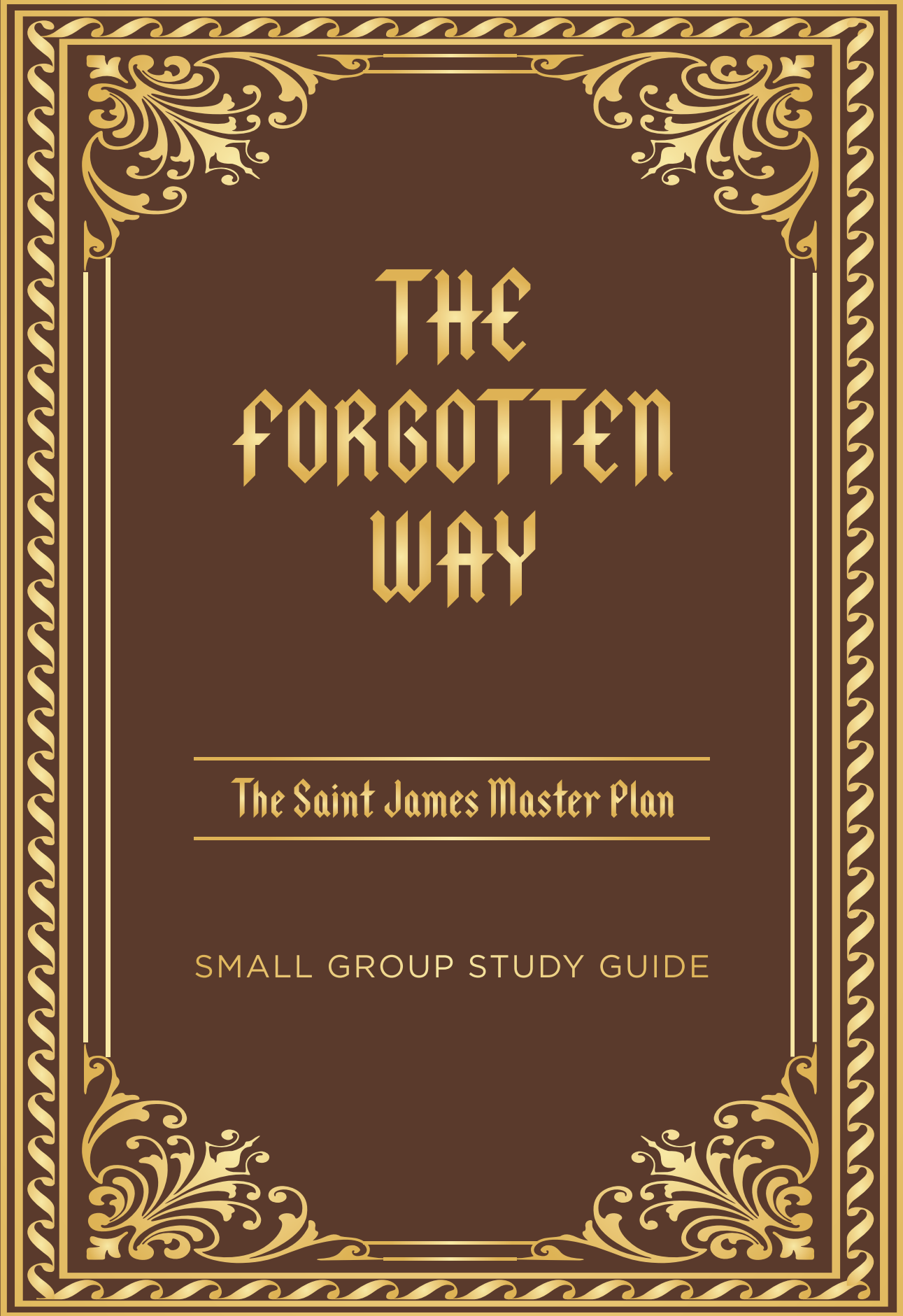




THE FORGOTTEN WAY

The Saint James Master Plan

SMALL GROUP STUDY GUIDE

THE FORGOTTEN WAY

The Saint James Master Plan

SMALL GROUP STUDY GUIDE



Dynamic Catholic

TABLE OF CONTENTS

INTRODUCTION • PAGE 2

STUDY GUIDE PURPOSE AND FORMAT • PAGE 3

BEST PRACTICES • PAGE 4

READING SCHEDULE • PAGE 5

SESSION 1 • PAGE 6

First Meeting

SESSION 2 • PAGE 9

Chapters 1-7

SESSION 3 • PAGE 11

Chapters 8-15

SESSION 4 • PAGE 13

Chapters 16-22

SESSION 5 • PAGE 15

The Appendix and Beyond

INTRODUCTION

You are standing on the threshold of a new frontier.

If you're not open to undertaking substantial spiritual growth, you should leave this book on the shelf and put away this study guide right now. Walk away. Some things, once seen, cannot be unseen. There are things that, once heard, cannot be unheard. You will not be able to unsee what we are about to discover...

The promise of *The Forgotten Way* is very simple: You can transform your life by changing the way you speak. This book is based on one epic spiritual truth: Governing your speech is a sure path to holiness.

The Forgotten Way is a single truth that will reorient your life. Are you ready to discover it? This study guide will help you to do just that. It's our hope that by reading the book and going deeper with this guide, you will learn how to change your speech—and your life!

We are grateful for your willingness to respond to this profound invitation, join intentionally with others in your parish, and seek to walk *The Forgotten Way*. The Catholic Church needs people like you doing things like this. We pray you and your small group discover the power of The Saint James Master Plan over the next six sessions.

God bless you,

The Dynamic Catholic Team

STUDY GUIDE

PURPOSE AND FORMAT

The purpose of this study guide is (a) to help readers delve further into *The Forgotten Way* by exploring personal reaction and application and (b) to build authentic community in the parish by encouraging discussion about the book's themes. While this study guide has been produced primarily for use in small faith groups and book clubs, it can also be used by individuals for personal reflection.

The recommended length of this study is six sessions. These sessions could take place once a week or once a month, at the discretion of the group.

Each session follows the same format:

- **Opening Prayer**
- **Discussion**
- **Closing Prayer**

We recommend that a group meet for sixty to ninety minutes, but that the group agree upon a fixed length of time and adhere to that time. It is assumed that participants will have completed the reading assignment before attending each session.

BEST PRACTICES

Never led a small group? Don't sweat it! Here are five tips for creating a great environment for small groups.

- 1. Keep your meeting time and place consistent.** A good example of this would be: meet once a week, at a time convenient for all participants, in a location that has accessible parking.
- 2. Communicate in advance.** Make sure everyone knows what the assigned reading is for the next session. If you're meeting at someone's house, let people know beforehand where they can park (e.g. in the driveway, at the curb, down the street).
- 3. Get to know each other.** Even if you have already been meeting for some time, it can be beneficial to begin your time together with a fun, lighthearted question. Starting sessions this way helps individuals get to know each other a little and feel more comfortable together. Here are some fun suggestions:
 - Which fictional character would you want to be your best friend?
 - What is your dream vacation?
 - If you could only eat one food for the rest of your life what would it be?
 - What is your favorite, funniest, or most awkward childhood memory?
- 4. Allow room for silence.** It's okay if there are moments of quiet in the group. It may feel uncomfortable or awkward, but often, people need time to process or to summon the courage to speak up.
- 5. Begin and end with prayer.** Start every session with the opening prayer (found at the beginning of each section), and close each session with the closing prayer (found at the end of each session). You can also give people the opportunity to offer personal prayer intentions.

READING SCHEDULE

SESSION 1

No reading is required beforehand

SESSION 2

Read Chapters 1-7

SESSION 3

Read Chapters 16-22

SESSION 4

Read Appendix

SESSION 1

THE FORGOTTEN WAY

No reading is required beforehand.

OPENING PRAYER

Heavenly Father, as we begin this small group experience, we ask that you open our minds and our hearts. Help us to grow in relationship with you and with each other. Bless this group. Inspire us to pour ourselves into The Forgotten Way. Encourage us to persevere, even when it's inconvenient or difficult. May the grace of God guide our speech every day for the rest of our lives.

Saint James the Greater, Pray for us.

Saint James the Lesser, Pray for us.

Amen.

ACTIVITY

Facilitate an icebreaker: ask members to share their name, how long they have been with their parish, and a little bit about themselves.

DISCUSSION QUESTIONS

1. How would you rate your control of your speech on a scale of 1-10? Where would you like to be? What do you do to intentionally control your speech?
2. Let's think about the words we hear and consume in our daily lives. What are the sources of negative speech that you consume on a daily basis? What are the sources of positive speech that you consume on a daily basis? Write down your answers and then discuss as a group.
3. What words have had the greatest impact on your life? Spend a few minutes writing down some of the most important words that have stuck with you throughout your life—maybe a powerful quote, maybe a specific prayer, maybe something a teacher or parent said to you. What have these words meant to you? Reflect and then share with the group.

SESSION 1 (CONTINUED)

ACTIVITY

Read: James 3:2b-18

“We all trip up in many ways. Someone who does not trip up in speech has reached perfection and is able to keep the whole body on a tight rein. Once we put a bit in the horse’s mouth, to make it do what we want, we have the whole animal under our control. Or think of ships: no matter how big they are, even if a gale is driving them, they are directed by a tiny rudder wherever the whim of the helmsman decides. So the tongue is only a tiny part of the body, but its boasts are great.

Think how small a flame can set fire to a huge forest. The tongue is a flame too. Among all the parts of the body, the tongue is a whole wicked world: it infects the whole body; catching fire itself from hell, it sets fire to the whole wheel of creation.

Wild animals and birds, reptiles and fish of every kind can all be tamed, and have been tamed, by humans; but nobody can tame the tongue—it is a pest that will not keep still, full of deadly poison. We use it to bless the Lord and Father, but we also use it to curse people who are made in God’s image: the blessing and curse come out of the same mouth.

My brothers, this must be wrong—does any water supply give a flow of fresh water and salt water out of the same pipe? Can a fig tree yield olives, my brothers, or a vine yield figs? No more can sea water yield fresh water. Anyone who is wise or understanding among you should from a good life give evidence of deeds done in the gentleness of wisdom.

But if at heart you have the bitterness of jealousy, or selfish ambition, do not be boastful or hide the truth with lies; this is not the wisdom that comes from above, but earthly, human and devilish. Wherever there are jealousy and ambition, there are also disharmony and wickedness of every kind; whereas the wisdom that comes down from above is essentially something pure; it is also peaceable, kindly and considerate; it is full of mercy and shows itself by doing good; nor is there any trace of partiality or hypocrisy in it. The peace sown by peacemakers brings a harvest of justice.”

SESSION 1 (CONTINUED)

ASK

What stands out to you from this reading? What surprises you? How would your life change if you had complete control over your speech?

FOR NEXT TIME

Read Chapters 1-7 of *The Forgotten Way*. What stands out to you? Highlight or make note of the ideas that resonate with you.

CLOSING PRAYER

*Lord, make my speech an instrument of your peace:
where there is hatred, let my speech sow love;
where there is injury, let my speech sow pardon;
where there is doubt, let my speech sow faith;
where there is despair, let my speech sow hope;
where there is darkness, let my speech sow light;
where there is sadness, let my speech sow joy.
Amen.*

SESSION 2

THE FORGOTTEN WAY

Chapters 1-7

OPENING PRAYER

Heavenly Father,

Thank You for gathering us here today. As we reflect on The Forgotten Way, open our hearts to the power of our words. Help us to listen with humility, speak with love, and walk this inner Camino with courage and grace. May the grace of God guide our conversation here today and our speech every day for the rest of our lives.

Saint James the Greater, Pray for us.

Saint James the Lesser, Pray for us.

Amen.

DISCUSSION QUESTIONS

1. “You can become a saint just by governing your speech.” Does that feel possible, challenging, or surprising to you?
2. Have you ever seriously considered the possibility of becoming a saint? Do you believe holiness is possible?
3. What’s one area of your speech you feel called to change in order to embrace *The Forgotten Way*: gossip, complaining, sarcasm, self-talk, etc.?
4. Rate how you speak to yourself on a scale of 1-10. What is one concrete thing you could do to move the needle?
5. In this week’s reading, the author writes, “Can you keep a secret? It isn’t easy. It requires restraint, discipline, and often massive self-control to keep a secret.” Reflect on this quote and share your thoughts with the group.
6. How might God be calling you to create a Holy Moment with your speech this

SESSION 2 (CONTINUED)

week? Consider the people and situations in your life that could use a word of encouragement, extra prayer, a letter of appreciation, etc.

FOR NEXT TIME

Read Chapters 8-15 of *The Forgotten Way*. What stands out to you? Highlight or make note of the ideas that resonate with you.

CLOSING PRAYER

*Lord, make my speech an instrument of your peace:
where there is hatred, let my speech sow love;
where there is injury, let my speech sow pardon;
where there is doubt, let my speech sow faith;
where there is despair, let my speech sow hope;
where there is darkness, let my speech sow light;
where there is sadness, let my speech sow joy.
Amen.*

SESSION 3

THE FORGOTTEN WAY

Chapters 8-15

OPENING PRAYER

Heavenly Father,

Thank You for gathering us here today. As we reflect on The Forgotten Way, open our hearts to the power of our words. Help us to listen with humility, speak with love, and walk this inner Camino with courage and grace. May the grace of God guide our conversation here today and our speech every day for the rest of our lives.

Saint James the Greater, Pray for us.

Saint James the Lesser, Pray for us.

Amen.

DISCUSSION QUESTIONS

1. Think of a time when someone's words deeply encouraged you. How did that impact your life?
2. Who is God calling you to encourage? How might God be asking you to correct some discouragement you created with your speech in the past?
3. How did this week's reading change or confirm your thinking about honesty?
4. In what relationship does loving-kindness come most easily to you—especially in your speech? What fruits do you see that bearing in your relationship?
5. In what relationship is loving-kindness the most difficult for you? How might God be inviting you to increase the loving-kindness in that relationship?
6. In this section, Matthew Kelly writes: My father used to say, "Engage brain before opening mouth." A saint goes further. She engages her soul before opening her mouth. What are some concrete steps you could take to engage

SESSION 3 (CONTINUED)

your soul before opening your mouth?

7. What is your image of God? How does that impact how you speak to Him?
8. How might God be calling you to create a Holy Moment with your speech this week? Consider the people and situations in your life that could use a word of encouragement, extra prayer, a letter of appreciation, etc.

FOR NEXT TIME

Read Chapter 16-22 of *The Forgotten Way*. What stands out to you? Highlight or make note of the ideas that resonate with you.

CLOSING PRAYER

*Lord, make my speech an instrument of your peace:
where there is hatred, let my speech sow love;
where there is injury, let my speech sow pardon;
where there is doubt, let my speech sow faith;
where there is despair, let my speech sow hope;
where there is darkness, let my speech sow light;
where there is sadness, let my speech sow joy.
Amen.*

SESSION 4

THE FORGOTTEN WAY

Chapters 16-22

OPENING PRAYER

Heavenly Father,

Thank You for gathering us here today. As we reflect on The Forgotten Way, open our hearts to the power of our words. Help us to listen with humility, speak with love, and walk this inner Camino with courage and grace. May the grace of God guide our conversation here today and our speech every day for the rest of our lives.

Saint James the Greater, Pray for us.

Saint James the Lesser, Pray for us.

Amen.

DISCUSSION QUESTIONS

1. Think back on a time when your words caused harm, intentionally or unintentionally. Take a few quiet moments to reflect on how it affected others, and how it may have affected you. What can you learn from that experience?
2. How do you define gossip in your own words? Where is the line between sharing and gossiping?
3. What does your inner dialogue sound like most days? What's one way you are hoping to make your inner dialogue healthier?
4. What words do you wish someone had said to you as a child or teenager?
5. What is one Bible verse that you would like to start speaking over your life? (If you need inspiration, check out Appendix A on page 109 of *The Forgotten Way*!)
6. What does your daily conversation with God currently look like? How do you

SESSION 4 (CONTINUED)

want it to grow or improve?

7. Reflect on a time you had a crucial conversation that went well. What made it successful?

FOR NEXT TIME

Read The Appendix of *The Forgotten Way*. What stands out to you? Highlight or make note of the ideas that resonate with you.

CLOSING PRAYER

*Lord, make my speech an instrument of your peace:
where there is hatred, let my speech sow love;
where there is injury, let my speech sow pardon;
where there is doubt, let my speech sow faith;
where there is despair, let my speech sow hope;
where there is darkness, let my speech sow light;
where there is sadness, let my speech sow joy.
Amen.*

SESSION 5

THE FORGOTTEN WAY

The Appendix and Beyond

OPENING PRAYER

Heavenly Father,

Thank You for gathering us here today. As we reflect on The Forgotten Way, open our hearts to the power of our words. Help us to listen with humility, speak with love, and walk this inner Camino with courage and grace. May the grace of God guide our conversation here today and our speech every day for the rest of our lives.

Saint James the Greater, Pray for us.

Saint James the Lesser, Pray for us.

Amen.

DISCUSSION QUESTIONS

1. How do you think the people you interact with regularly would describe your speech? Consider the perspective of your spouse, your children, your coworkers, your friends, the waiter at the restaurant you frequent, etc.
2. How has your experience reading and exploring *The Forgotten Way* made an impact in your life so far?
3. If you truly committed to The Saint James Master Plan for 30 days, what do you think would happen? What are your hopes, dreams, worries, or questions about walking this path?
4. What do you think God is calling you to next? How do you feel inspired to share *The Forgotten Way* with others?
5. What's one insight from *The Forgotten Way* or this small group that has really stayed with you?

SESSION 5 (CONTINUED)

CLOSING PRAYER

*Lord, make my speech an instrument of your peace:
where there is hatred, let my speech sow love;
where there is injury, let my speech sow pardon;
where there is doubt, let my speech sow faith;
where there is despair, let my speech sow hope;
where there is darkness, let my speech sow light;
where there is sadness, let my speech sow joy.
Amen.*



Dynamic Catholic

For more information, please contact:

Dynamic Catholic
5081 Olympic Blvd., Erlanger, KY 41018

Email: info@DynamicCatholic.com

Phone: 859-980-7900

DynamicCatholic.com