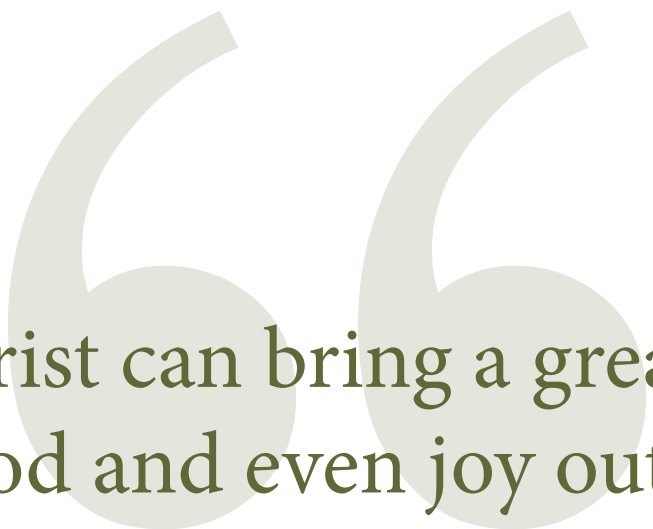




VIDEO 6

EXODUS FROM FEAR:
ACCOMPANYING HER TO LIFE



Christ can bring a greater good and even joy out of our suffering. He, who is love, is the answer to the question of suffering.

SUMMARY

In this sixth video, participants are invited to contemplate the necessary posture of heart one needs to walk with a pregnant woman through her fears. A woman who is struggling with the reality of her pregnancy can often find herself in turmoil, tossed between anxiety and hope. She needs someone who will accompany her and believe in her goodness, so that she can believe that she is strong, capable, and beautiful. It is by giving her space to grieve, dream, hope, express her heart, and experience the movements of grace in her situation that she will be able to move through fear and into life and flourishing.

OPENING PRAYER

Most Holy Trinity, we praise and thank you for loving each one of us into life. We ask for the grace to receive anew the gift of our own lives, that we may live deeply out of our true identity as your beloved sons and daughters. We pray that each person may know themselves as chosen and loved, willed into being from the very beginning of time and held in existence at every moment by your love. Father, we ask you to fill us with your light and renew us with your peace. Holy Spirit, we ask for the courage to speak your Word of life; may our actions, words, and thoughts serve to uphold and protect the dignity and worth of every person, and may our lives give radiant witness to the truth of your love. We ask this through Jesus Christ, our Lord.

Amen.

INTRODUCTION

Participants are invited to continue to share something that is meaningful to them. Sharing an experience of importance is deeply humanizing and encourages the formation of trust between participants. These connections are essential for maintaining community.

Time: 10 minutes

Materials: *INTO LIFE: Love Changes Everything* Participant Guide

Instructions: Invite participants to share their response to the "Introductory Question".

Reminders: Remind participants of time boundaries (if any) and confidentiality.

INTRODUCTORY QUESTION

What is one of the victories in your life? An obstacle you overcame?

Read the question twice and allow a few moments for quiet reflection.

VIDEO #6

EXODUS FROM FEAR: ACCOMPANYING HER TO LIFE



Time: 10 minutes

Materials:

Video 6: "Exodus From Fear: Accompanying Her to Life"

Instructions:

Introduce video segment.

Sample Introduction:

In this video, we are encouraged to enter ever more deeply into the heart of a woman who is unexpectedly pregnant. We have all experienced moments of suffering and turmoil, and we are invited to recognize the turmoil and suffering of the woman before us who may be struggling with anxiety, grieving the loss of dreams and hopes, and living in fear, but also finding moments of grace and beauty. We are called to recognize that she needs someone who will accompany her and believe in her goodness, so that she can believe that she is strong, capable, and beautiful, so that she will be able to move through fear into life and flourishing.

NOTES

INDIVIDUAL REFLECTION

Time: 15-30 minutes

Space: Church, if possible, or a quiet place for reflection.

Materials: *INTO LIFE: Love Changes Everything* Participant Guide

Instructions: Transition to period of personal reflection.

Reminders:

Remind participants that this time is for their personal reflection and that they are not required to answer every question or reflect on every Scripture passage, but should follow the promptings of God.

Suggested Scripture passages and questions are offered as aides to prayer.

Space for note-taking and journaling is provided in the *INTO LIFE: Love Changes Everything* Participant Guide.

SCRIPTURE FOR REFLECTION

EXODUS
14:13, 14

“Moses answered the people, ‘Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. ... The Lord will fight for you; you need only to be still.’”

2 CORINTHIANS
3:17

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.”

PSALM 118:5

“Out of my distress I called on the Lord; the Lord answered me and set me free.”

ISAIAH 61:1

“The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good tidings to the afflicted; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound.”

JOHN 8:36

“So if the Son makes you free, you will be free indeed.”

REFLECTION QUESTIONS

1. Was there a word, phrase, or idea that resonated with me? That was new to me?
2. In what ways have I tried to avoid, escape, or reject suffering? In what ways have I seen Christ bring good out of suffering?
3. Sister Grace Dominic says that “no one is able to be totally self-reliant. We are made in the image of God who is communion. No person should be self-sufficient because we were made to live in community.” What are the communities I live in? How do I feel upheld and valued by my community? What would I do if those communities didn’t exist?
4. Sister Magdalene says, “We try to walk through the turmoil with [women who are pregnant and struggling]—listening well, discerning the voices speaking into her life. Who are these voices? Where do these voices come from? Who is talking? Is it God? Is it the evil one? What is her heart saying? The answer is really within her heart, we just have to help her to uncover it.” Am I familiar with the dynamic of trying to discern between voices in my own heart? What are examples of times when I struggled in discerning between the voice of God, the voice of the evil one, and my own voice? When have I experienced the accompaniment of someone who was able to speak truth into spaces or situations of confusion?
5. Sister Magdalene encourages us to “ask the Lord of life to place in you a supernatural love for her” (the woman with whom you are walking). Take a moment now to recall people in my life who are struggling or with whom I struggle. Ask Jesus to give you his grace to accompany them well.
6. Is there a fruit from my prayer that I would like to share with others?

“

Our lives are not a success
because we don't have
difficulties—the measure of
the success of our lives is how
we respond to difficulties.

”

DISCUSSION

After a period of personal reflection and prayer, participants re-gather as a large group for sharing and discussion.

Time: 15-30 minutes

Materials: *INTO LIFE: Love Changes Everything* Participant Guide

Instructions: Facilitator transitions to group discussion. Offer conversation guidelines, if using them.

Reminders:

Remind the group to maintain confidentiality. All comments and stories should stay within the group.

Remind participants that they are encouraged, but not required, to share.

DISCUSSION QUESTIONS

1. Is there a fruit from your prayer that you would like to share with others?
2. Sister Magdalene shares that “women who are pregnant and struggling often experience a sort of ‘flip-flopping’ in their hearts... ‘one day I want to be a mother and the next day I cannot even imagine it.’” How does this turmoil reveal the depth to which this pregnancy affects a woman’s self-understanding? How does this affect your understanding of the conditions and disposition of heart a woman needs to make a free decision? How does it prepare your heart to walk with a woman in crisis?
3. We have to let God cast out our fear, too. What do you fear when serving others? In serving those who are struggling with an unexpected pregnancy? In serving others whom you find difficult?
4. Sister Magdalene says that “we can be a voice of faith, believing enough in her [a woman in crisis] goodness for the both of us until she is able to make an act of faith in herself.” When have you experienced someone believing in you? How did this shape your self-understanding? How are you being called to help others believe in their goodness and in the graces the Lord is giving to them?

NOTES

“

The woman before you needs to know that she is strong, good, trustworthy and capable of love. Believing this truth can give her the courage to choose love in freedom.

”

CLOSING

At the end of the group discussion, the facilitator should thank the participants for sharing and their involvement in the discussion. The facilitator may also ask if there are any closing questions, comments, or points of clarification before proceeding to the closing prayer.

What's coming up next? Video 7: "Rejoicing in Her: Our Disposition of Heart"

In this seventh video, "Rejoicing in Her: Our Disposition of Heart," participants will be invited to explore the three essential dispositions of the heart necessary to accompany a woman in crisis: prayer, leisure, and delight. This allows us to see her not as a project, an obstacle, or an argument to be won, but as a beloved daughter of God, with dreams and a destiny.

CLOSING PRAYER

*Jesus, we praise and thank you for your goodness and mercy.
We ask for an outpouring of your Spirit upon the whole world.
We pray that every person may powerfully encounter your love today,
and that all will come to know that life is a gift to be cherished and
protected. Please free from bondage, confusion, and chaos any women
who are pregnant and vulnerable to abortion, and give them your peace.*

*We ask this in your name as we pray: Glory be to the Father,
to the Son, and to the Holy Spirit, as it was in the beginning,
is now, and will be forever.*

Amen. Our Lady of Guadalupe, Mother of Life, pray for us.

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