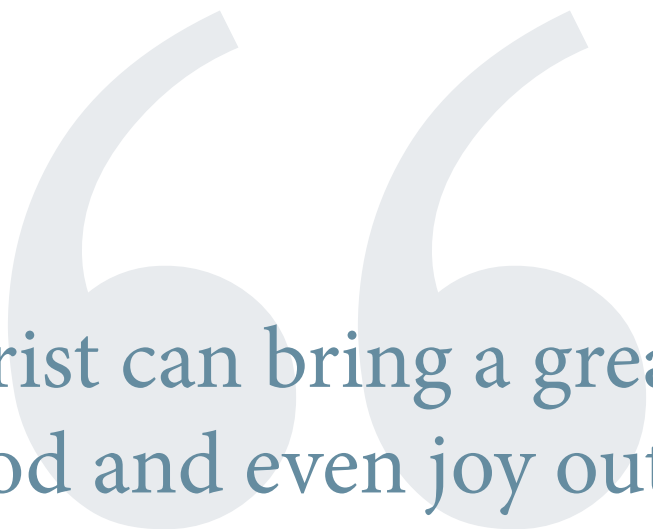




# VIDEO 6

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.*

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## INTRODUCTION

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

## INTRODUCTORY QUESTION

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

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## VIDEO #6

# EXODUS FROM FEAR: ACCOMPANYING HER TO LIFE





# INDIVIDUAL REFLECTION

The suggested Scripture passages and questions are offered as aides to prayer. You are not required to answer every question or reflect on every Scripture passage, but should follow the promptings of God. You may spend all of the allotted time reflecting on just one passage from Scripture or one reflection question and not write down a single word, and that's okay!

## 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

At the close of the time allotted for personal reflection, rejoin the group for discussion. This period of dialogue and conversation is intended to promote genuine understanding, reflection, and insight.

## 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?



“

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 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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