

# 3 WEEKS OF HEALING

## **WEEK 1: The First Commandment: Adore the Lord Your God, and Only Him**

### DISCUSSION QUESTIONS

1. What area(s) of my life need healing?
2. What are the temptations in my life that are leading me to sin?
3. Which side (good or evil) are you on when you make decisions?
4. How is evil getting into my life? Are there habits, secret habits, sinful habits, that are tearing me apart? Am I a slave to any things that are leading me to sin and that I need to be freed from?
5. Read Deuteronomy 5:6-10. Am I fully living out the first commandment? Is God my only God? Do I truly trust God with my whole life? Where do I put my trust?
6. If I need to break bonds and chains of evil that I have allowed to enter my life, have I realized how critically important Confession and Communion are for this? Have I asked a priest to bless my house, my car, my children, the sacred objects in our house, etc.? Have I gone to a healing Mass to ask God to cure me, and have I taken other people so that they can be cured?

### Suggestions for Commitments to Make:

1. Examine my day every evening and recognize the areas of my life that are causing me to sin, the areas that are evil in which I'm a slave to.
2. Go to Confession right away to break any bondage in my soul, and receive Communion at Mass.
3. Say this prayer as often as needed throughout my day to combat the evil, "I renounce every influence and every way that this spirit of \_\_\_\_\_ (jealousy, envy, lust, greed, etc.) has influence over me." Then invite God into my life and into my heart to fill that hole of whatever was damaging me and my relationship with God.
4. Recite the prayer to [Saint Michael the Archangel](#) daily – every morning when I wake.
5. Do 30 minutes of Eucharistic adoration at church.