



Hearing God's call

AN AUDIO INTRODUCTION TO THE CATHOLIC FAITH

COMPANION GUIDE SUMMARY

A Companion Guide is also available for this resource.
It provides detailed notes for this audio resource and can be found on **Evangelise Plus**.

Companion Guide Summary for Hearing God’s Call: An Audio Introduction to the Catholic Faith

This resource was originally published in 2011 as a CD series. In 2022 it was made available on a number of podcast platforms. In 2023 it was added to the National Centre for Evangelisation’s (NCE) online resource library, *Evangelise Plus*. The NCE is an agency of the Australian Catholic Bishops Conference. The Catholic Enquiry Centre is a work of the NCE.

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We acknowledge the Traditional Custodians who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander Peoples to this country and commit ourselves to the ongoing journey of reconciliation.

The Australian Catholic Bishops Conference acknowledges with sorrow the experiences of adults subjected to childhood abuse within the Church. We recognise and acknowledge the harm caused by the abuse and the ongoing suffering this has caused in people's lives. We deeply regret the failure of the Catholic Church to protect and believe them, and to respond with justice. We also recognise the harm this has caused to their families, to the Catholic community, and in Australian society. The Australian Catholic Bishops Conference is committed to promoting and fostering a culture of care and safety, with compassion for all who come forward with reports of abuse.

Companion Guide Summary for *Hearing God’s Call*

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Welcome and Introduction

Welcome to this 30-session program of recordings, *Hearing God's Call: An Audio Introduction to the Catholic Faith*. A broad range of topics are explored in this program, which begins with stories of saints and heroes from the Bible and the history of the Church, moves then to examine some of the core beliefs of the Catholic Church, before exploring the topics of prayer and the Church in the modern world.

Each session comprises an exploration of the topic, often noting relevant texts from the Bible, questions for reflection, prayer and a suggestion for a movie that might assist with delving a little deeper into the topic.

The recordings are designed to be listened to from beginning to end, at your own pace, with each 10-minute session building on the sessions that have come before. As you listen to the audio recordings you are invited to enter into a deep, rich and fulfilling relationship with God through the Catholic faith. You might find it helpful to use a journal to write down your thoughts and respond to the questions that are offered as part of each session.

We strongly recommend individuals find someone to accompany them on their faith journey. Your local Catholic church/parish is a good place to seek out a suitable person to journey with you.

Also available is the *Hearing God's Call Companion Guide*. This is a more extensive document which provides teaching notes, the text for the prayers and information about the movie that has been suggested. Both documents will be helpful for the individual navigating the material in their own time, as well as those leading adult formation or the Rite of Christian Initiation of Adults process. The audio series could also be used as a tool for discussion and accompaniment for those working in pastoral ministry, such as youth groups or small group coordination.

Another helpful resource for those coming to know Jesus through the Catholic Church is the [Becoming Catholic](http://www.becoming.catholic.au) website (www.becoming.catholic.au). On this website you will be able to access free resources about the Catholic faith (only available for Australian addresses), as well as links to more in-depth articles to help you grow in faith and understanding.

Please note the 2011 audio production occasionally refers to the Catholic Enquiry Centre (CEC) and its former location in Sydney, Australia. Any correspondence, including questions about becoming a Catholic should now be sent via the following options:

Complete this form online: www.catholic.au/s/contactus

Email: info@catholicenquiry.com

SUMMARY OF SESSIONS

INCLUDES:

TOPIC

QUESTIONS FOR REFLECTION

PRAYER TITLE

MOVIE RECOMMENDATION

Session	Title	Summary and notes	Questions	Prayer	Movie recommendation
1	Welcome and Introduction	<p>Welcome to session 1 of this 30-session program of recordings, <i>Hearing God's Call: An Audio Introduction to the Catholic Faith</i>.</p> <p>As you listen to this series of audio recordings you are invited to enter into a deep, rich and fulfilling relationship with God through the Catholic faith.</p> <p>These recordings are designed to be listened to from beginning to end, at your own pace, with each 10-minute session building on the sessions that have come before.</p> <p>There are a broad range of topics explored in this program, which begins with stories of saints and heroes from the Bible and the history of the Church, moves then to examine some of the core beliefs of the Catholic Church, before exploring the topic of prayer.</p> <p>Session length: 8 min 6 sec</p>	<p>Question 1 As you begin this program spend a little time reflecting on what you hope to gain from listening to this series of audio presentations. You may want to make a list on a sheet of paper or on the first page of a book that may serve as a companion journal for the program.</p> <p>Question 2 The name of this program is <i>Hearing God's Call: An Audio Introduction to the Catholic Faith</i>. Think about the set of circumstances that has led you to begin listening to this program and write them down. Looking at what you have written, can you see any instances of God working through the circumstances or people involved?</p> <p>Question 3 The third question in each of the sessions is an invitation to take your reflections on the topic covered in the session to prayer. For this session you might want to ask God to help you to be open to hearing and understanding the content of the sessions that are to follow.</p>	A reading from the first letter of John 1:1-3.	The Blind Side (2009)
2	Hearing God's Call: Models of Faith in the Old Testament	<p>Each of us is called by God to fulfil a particular mission or vocation. Our task is to respond to the call. In this session, we explore stories of call as recorded in the Old Testament, the first part of the Bible. We begin with the call of Abram, later named by God, Abraham. We will then meet Moses, Samuel and David.</p> <p>Session length: 8 min 54 sec</p>	<p>Question 1 As you reflect on the story of Abram, later named Abraham, called away from his home, what stands out for you with regard to an experience you have had of being away from home?</p> <p>Question 2 In what ways has the experience of being away from home challenged you to change for the better?</p> <p>Question 3 As you take this session to prayer is there an intention that you would like to place before God?</p>	The Glory Be.	Abraham (1993)

3	The Prophets – Faithful Witnesses to God	<p>In this session, we explore stories of call and response as proclaimed by the prophets in the Old Testament.</p> <p>The prophets provide us with powerful examples of call and response in prayer and action. Each prophet writes of his experience in his own way. From the many great prophets, we briefly examine four: Amos, Hosea, Jeremiah, and Micah.</p> <p>Session length: 8 min 12 sec</p>	<p>Question 1 As you reflect on the word of the prophets, are you left with any questions about being a faithful witness to God?</p> <p>Question 2 What is your experience of being challenged to be a faithful witness to God?</p> <p>Question 3 As you take this session to prayer, what intentions have come to mind for you about being a faithful witness to God?</p>	The Benedictus – prayer proclaimed by Zechariah, father of John the Baptist (Luke 1:68-79).	Jeremiah (1998)
4	Stories of Call in the Gospels	<p>This session explores stories of call as recorded in the Gospels, which are found in the second part of the Bible; the New Testament. The specific stories examined are the call from God to Mary through an angel, the call to Joseph in a dream and the call from Jesus to the first disciples.</p> <p>Session length: 8 min 30 sec</p>	<p>Question 1 As you reflect on the call stories of Mary and Joseph what elements in the stories surprised you?</p> <p>Question 2 What episodes from any of the call stories are you drawn towards and why?</p> <p>Question 3 As you bring this session to prayer think about what God’s call to you is and what your response is.</p>	Song of Mary: the Magnificat (Luke 1:46-55).	The Nativity Story (2006)
5	Peter and Paul, Apostles of Jesus Christ	<p>The Catholic Church was founded by Jesus Christ. The apostles Peter and Paul provided the foundation and vision for the Church to consolidate and grow through the exercise of pastoral care and authority and the clear articulation of teaching. The Church celebrates a combined feast day for Saints Peter and Paul on 29 June each year.</p> <p>Session length: 8 min 47 sec</p>	<p>Question 1 In the Gospels, Peter appears to be slow to understand the meaning of the message that Jesus is teaching. Spend a little time to reflect upon and list aspects of the mission of Jesus that you do not understand.</p> <p>Question 2 Think about who you might ask to help you to get a clearer picture of the meaning of the message of Jesus Christ. Work out a plan of when you can ask them.</p> <p>Question 3 Both Peter and Paul were transformed by God’s Holy Spirit; for Peter it was from doubt to faith and for Paul from hatred to love. As you take this session to prayer think about what things do you want God to transform in you?</p>	Reflective prayer on love written by St Paul in his letter to the Corinthians 13:4-7.	Peter and Paul (1981)
6	God’s Call: Saints and Heroes I	<p>In sessions 2, 3 and 4 we explored the idea of call and response by looking at</p>	<p>Question 1</p>	Peace Prayer of St Francis.	Brother Sun, Sister Moon (1972)

		<p>figures in the Bible. In this session we examine Saint Mary MacKillop and Saint Francis of Assisi.</p> <p>Session length: 8 min 37 sec</p>	<p>Saint Mary MacKillop and Saint Francis responded to God’s invitation in their own way. Identify elements from the story of either saint that are significant to you.</p> <p>Question 2 Following the example of Saints Mary MacKillop and Francis recall events when you have said yes to God’s invitation.</p> <p>Question 3 As you take this session to prayer think about where God’s invitation to fullness of life may be guiding you now.</p>		
7	God’s Call: Saints and Heroes II	<p>In this session we look at two different heroes of the Catholic Church: Dorothy Day and Saint Vincent de Paul.</p> <p>Session length: 8 min 53 sec</p>	<p>Question 1 Dorothy Day was passionate in her commitment to care for others in need. What do you think God is calling you to do?</p> <p>Question 2 St Vincent de Paul was moody and tended towards being sad. At one stage in his life he asked God to help him change. God answered his prayer, but not all at once. Vincent discovered that it was in the joy of serving others that he became less moody and less sad. Identify an aspect of your life that you want some help from God to change.</p> <p>Question 3 As you take this session to prayer think about the aspect of your life you want to place before God.</p>	Prayer for the Intercession of Servant of God Dorothy Day.	Entertaining Angels: The Dorothy Day Story (1996)
8	God’s Call: Saints and Heroes III	<p>In this session we look at two different stories of call or vocation. The first story tells of a young woman Thérèse of Lisieux who found God in the midst of the small joys and sufferings of life. The second story tells of a bishop, Saint Francis de Sales who, in the midst of violence and division, wrote about the rich diversity of the Christian world.</p> <p>Session length: 9 min 5 sec</p>	<p>Question 1 Saint Thérèse believed that God’s merciful saving love is for everyone, without exception. Where do you see God’s saving love in your life?</p> <p>Question 2 The call to holiness is universal. The manner in which one is holy is particular and individual. True prayer hinders nothing which is good. Think about the style of prayer that suits you.</p> <p>Question 3 As you pause to pray, think about the small joys and sufferings of your life that reveal the presence of God.</p>	Archbishop Oscar Romero – Planning in the Kingdom.	Romero (1989)
9	The Bible	<p>The Bible is the most printed book in history. The Bible is also referred to as Sacred Scripture or simply, the Scriptures.</p>	<p>Question 1 As you reflect on the whole Bible what image of God stands out for you?</p> <p>Question 2 As you reflect on the New Testament, particularly the Gospel stories, what image of Jesus stands out for you?</p>	John 6:48-58.	The Gospel of John (2003)

		The Bible is a record of our ancestors' faith, retelling their experience of God in human history. Session length: 8 min 17 sec	Question 3 As you take these images to prayer think about a time or event when you had a sense of reassurance of God's presence.		
10	The Bible and the Catholic Church	The Holy Spirit is the source of life for the Church. This one source has two aspects: The Bible and the living tradition of trustworthy teaching. This living tradition has been handed down in an unbroken line from the apostles who knew Jesus to the present time. The apostles had heard Jesus preach, witnessed his miracles and were present at the Last Supper. They had experienced Jesus risen from the dead and were present in Jerusalem where they were filled with the Holy Spirit at Pentecost. Session length: 8 min 1 sec	Question 1 What is the first thing you think of when you hear the word "Bible"? Question 2 Have you ever thought of the Bible as a book that you could read or listen to? There are good recorded versions available. Question 3 As you take these thoughts to prayer think about who you might be able to ask to help you in reading or listening to the stories in the Bible.	Paul's letter to the Philippians 2:1-4.	The Book of Eli (2010)
11	Praying the Bible	<i>Lectio divina</i> or holy reading is a slow, reflective method of praying the Bible. Through contemplating on a passage from the Bible and allowing it to enter into our daily life, this way of reading the Bible invites us to discover an underlying spiritual rhythm. Attuned to this rhythm, we have the opportunity to discover a little more about ourselves and our relationship with God. Session length: 9 min 38 sec	An experience of <i>lectio divina</i> reflecting on the story of the woman at the well (John 4:1-26).	Prayer of the Church, Thursday, Week 2, Midday.	The Gospel of John (2003)
12	The Story of Jesus	Previous sessions have told the stories of Bible figures, heroes and saints. This session focuses on the most important	Question 1 As you reflect on the story of Jesus what episodes surprised you?	God of consolation.	The Miracle Maker (2000)

		<p>story for Christians – the story of Jesus Christ, who lived, died and was raised from the dead about 2000 years ago in the region now known as Israel and the Palestinian territories.</p> <p>Session length: 8 min 10 sec</p>	<p>Question 2 What episodes from the story of Jesus are you drawn to?</p> <p>Question 3 Using the episodes identified in questions 1 and 2, how would you express them in prayer?</p>		
13	One Story, Four Gospels	<p>In the Bible there are four Gospels: Matthew, Mark, Luke and John. Each Gospel tells the story of Jesus Christ in its own way. In this session, we explore the reason why there are four Gospels and examine the similarities and differences between them. This will help us come to a deeper understanding of the message and meaning of the life, death and resurrection of Jesus Christ.</p> <p>Session length: 8 min 25 sec</p>	<p>Question 1 Obtain a Bible and read the two different accounts of the birth of Jesus in the Gospel of Luke 2:1-20 and the Gospel of Matthew 1:18-2:12. Identify the parts of the stories that are the same and the parts that are different to each other.</p> <p>Question 2 Read chapter 16 of the Gospel of Mark and see if you can recognise the two distinct endings to this Gospel. The first one ends at the end of verse 8 and the second one at the end of verse 16.</p> <p>Question 3 The Bible as it has come to us handed down in the Church is the inspired word of God. In your prayer, think about the differences between the Gospels as a mystery that invites you into a deeper relationship with God, rather than a puzzle to be solved or as errors that can be explained away.</p>	Prayer of the Church, Week 1, Wednesday, Morning Prayer.	Jesus (1999)
14	Forgiveness in Action: The Story of the Prodigal Son	<p>Our relationship with God gets damaged when we fail to act in a manner that makes us most human, that is, when we fail to act wisely in being forgiving, generous and concerned about others.</p> <p>God's love for us is unconditional. It does not depend on our doing the right thing. The offer of forgiveness is a gift from God. To receive the gift of forgiveness and allow the damaged relationship to be healed we need to admit that we have done something wrong and that we are in need of forgiveness.</p>	<p>Question 1 What is your experience of being welcomed?</p> <p>Question 2 When have you welcomed others?</p> <p>Question 3 What sense of gratitude can I give expression to in my prayer?</p>	God of forgiveness and compassion.	Jesus of Nazareth (1977)

		<p>This session uses the story of the Prodigal Son to help our understanding of forgiveness and the Sacrament of Penance (Confession/Reconciliation).</p> <p>Session length: 8 min 4 sec</p>			
15	The Church in History: Always Changing, Always the Same	<p>While there has been almost constant change in the Church, we can be sure that there has been no new revelation to replace the revelation given through Jesus Christ. There has been no new Bible written; and there has been founded no new church to link us with Christ.</p> <p>Despite all of the changes in custom, ritual, language, art and ways of thinking that have occurred throughout history, the Church today is the same historical institution, founded by Christ, that took shape at Pentecost when the Holy Spirit descended on Mary and the Apostles.</p> <p>Session length: 8 min 18 sec</p>	<p>Question 1 What do you think it means to say you belong to a Church?</p> <p>Question 2 Describe your experience of belonging to a Church.</p> <p>Question 3 List the ways you think the Holy Spirit is inviting you to belong to a Church.</p>	Prayer of the Church, Week 1, Friday, Morning Prayer.	The Shoes of the Fisherman (1968)
16	The Apostles' Creed I	<p>This is the first of two sessions on the Apostles' Creed. The Creed, an ancient prayer, is the profession of our faith and captures the main teachings of Christianity. This session looks at the first three points made in the Creed.</p> <p>Session length: 8 min 25 sec</p>	<p>Question 1 In light of the Apostles' Creed, express your own statement of faith.</p> <p>Question 2 What is your experience of standing by your faith?</p> <p>Question 3 Sometimes our faith is tested. Identify elements of the mystery of your faith that you want to bring to prayer.</p>	Luke 1:26-36.	A Man for All Seasons (1966)
17	The Apostles' Creed II	<p>This is the second of two sessions on the Apostles' Creed. The Creed, an ancient prayer, is the profession of our faith and captures the main teachings of</p>	<p>Question 1 What has supported you in developing your faith?</p> <p>Question 2 Who or what has supported you in standing by your faith?</p>	Jesus' message of hope and forgiveness.	The Mission (1986)

		<p>Christianity. This session looks at the last nine points made in the Creed.</p> <p>Session length: 8 min 54 sec</p>	<p>Question 3 List people or things that you can call on now to continue to stand by your faith.</p>		
18	The Ten Commandments	<p>No one can ignore the Ten Commandments because they are engraved by God in the human heart. When the effects of sin are cleared away, we can see plainly that the Ten Commandments, which were given to Moses by God (Exodus 20:1-17), reflect the law written in our hearts. It is only in and through Jesus Christ that the effects of sin can be cleared from the human heart. It is only in and through Jesus Christ that we can be made holy.</p> <p>Session length: 8 min 34 sec</p>	<p>Question 1 The Ten Commandments tell us how to live a good life, a life of virtue. What are some important virtues for you?</p> <p>Question 2 What is your experience of standing by the virtues that are important to you?</p> <p>Question 3 In what ways have your virtues been important in developing your relationship with God?</p>	God, you shine when all seems dark.	Bruce Almighty (2003)
19	The Beatitudes: Blessings from God	<p>In this session, we explore the relationship between the teachings of Jesus Christ and the Ten Commandments as portrayed in the collection of sayings that have come to be known as the Sermon on the Mount.</p> <p>Session length: 8 min 39 sec</p>	<p>Question 1 For Jesus, the intentions of the heart are the ground or foundation of good actions. In light of how Jesus views people, who do you think is blessed?</p> <p>Question 2 What is your experience of being blessed?</p> <p>Question 3 As you bring this session to prayer think of someone special that you would like God to bless and ask him to bless them.</p>	Prayer of the Church, from Luke 2 (prayed each night).	Hotel Rwanda (2004)
20	Life After death	<p>The tragedy of Jesus crucified, the mystery of the Church, the Scriptures, and the sacraments only make sense when they are viewed in the light of Jesus risen from the dead. Without the Resurrection, the stories of Jesus are reduced to the reported sayings and actions of a holy and wise, wandering preacher.</p>	<p>Question 1 What is your understanding of life after death?</p> <p>Question 2 What does it mean to you that your body and soul will be reunited on the last day in the pattern of Jesus risen from the dead?</p> <p>Question 3 In the knowledge that we can pray for those in purgatory and pray with those in heaven, who are the people that you would like to bring to mind in your prayer?</p>	God of surprises.	Molokai (1999)

		<p>In this session we explore the notion of life after death as understood by the Catholic Church.</p> <p>Session length: 8 min 10 sec</p>			
21	The Lord's Prayer	<p>"The Lord's Prayer", or "Our Father" as it is also called, is perhaps the world's best-known prayer. The reason it is called the Lord's Prayer is that it was given to the apostles by Jesus himself.</p> <p>As there are two different versions of the prayer, it seems that for the writers of the Gospels of Matthew (6:9-13) and Luke (11:2-4) that faithfulness to the thinking and intention of Jesus was more important than an exact reproduction of the words that he said.</p> <p>Session length: 8 min 44 sec</p>	<p>Question 1 As the Lord's Prayer forms the pattern for all Christian prayer, what theme or stanza is most important to you and why?</p> <p>Question 2 What does it mean to you that no sin is beyond forgiveness and that no one is excluded from the invitation from God to experience radical forgiveness?</p> <p>Question 3 As you bring this session to prayer, you might want to identify someone who you can talk to about God's offer of forgiveness to you.</p>	Reflection on story from St Teresa of Calcutta.	The Painted Veil (2006)
22	Sacred Time, Sacred Space, Sacred Things	<p>Worship in the Catholic Church follows a calendar that is based on a cycle of periods called liturgical seasons. In the midst of these seasons the Church also sets aside special feast days to celebrate the memory of saints.</p> <p>Just as we mark our lives by anniversaries, birthdays and national holidays, the Church celebrates the mysteries of Christ's life in a pattern every year.</p> <p>Each and every Sunday is a celebration of the resurrection of Jesus Christ, and as such, Sunday is considered to be a major feast day.</p> <p>Session length: 9 min 47 sec</p>	<p>Question 1 Think of a time, place or thing that is sacred to you.</p> <p>Question 2 What does it mean to you when you enter a Church or chapel?</p> <p>Question 3 If you can, spend some time inside a Catholic Church in prayer towards the front of the Church and think about the extraordinary mystery of the risen Christ really present in the Tabernacle under the form of a consecrated host.</p>	The Monastery of the Heart: An Invitation to a Meaningful Life.	The Fourth Wise Man (1985)

23	Sacramentality and Sacraments	<p>Sacraments are God’s gift to the Church. They symbolise God acting in the lives of people and they bring about what they symbolise.</p> <p>In this session, we explore the meaning of sacramentality and the sacraments.</p> <p>Session length: 8 min</p>	<p>Question 1 What are some of the symbols that you can identify around you and what do they mean to you?</p> <p>Question 2 What rituals are important in your life?</p> <p>Question 3 As you bring this session to prayer think about the things that you see, hear, touch, taste or smell that communicate something of the presence of God to you.</p>	To believe.	Babette’s Feast (1987)
24	Eucharist	<p>For Catholics, the celebration of the Mass is the centre of their life of faith.</p> <p>Mass is also called Eucharist, a Greek word which means “to give thanks”.</p> <p>The Eucharist is the heart and soul of the Catholic Church. Without the Eucharist there would not be a Catholic Church.</p> <p>Session length: 8 min 29 sec</p>	<p>Question 1 What stands out for you in the Emmaus story?</p> <p>Question 2 List examples of when you have experienced the presence of Jesus.</p> <p>Question 3 At the meal Jesus took bread, blessed it, broke it and handed it to the disciples. At this, their eyes were opened and they recognised him. Think of an event in the last couple of days when through the actions of another you recognised that God was really present with you.</p>	Ezekiel 34:15-16.	Pieces of April (2003)
25	Mary, the Mother of the Lord	<p>A characteristic of Catholic spirituality is devotion to Mary, the Mother of God. In view of her unique role in bringing Jesus Christ to birth, Mary has a special place in the life of the Catholic Church. Many churches and Cathedrals around the world are named after one of the many titles attributed to Mary.</p> <p>Session length: 9 min 23 sec</p>	<p>Question 1 Where do you see the power of God at work in your world?</p> <p>Question 2 List the occasions when you have recognised the power of God in your life, when you have overcome fear and grown closer to God and to other people.</p> <p>Question 3 What support can Mary offer you in your journey of faith in God?</p>	The Magnificat (Luke 1:46-55).	Mary, Mother of Jesus (1999)
26	The History of the Rosary	<p>The Rosary is an ancient Christian prayer form in which a string of beads is used to help the person praying. It is grounded in the mystery of Christ and brings to mind episodes from his life, his suffering, his death and his Resurrection.</p>	<p>Question 1 If you have not already got a set of Rosary beads, spend a little time working out who you might ask with regard to obtaining a set for your prayer.</p> <p>Question 2</p>	The Glory Be.	The Miracle Maker (2000)

		Session length: 8 min 24 sec	Saying the Rosary every day can transform your life. As the saying goes 'It won't happen overnight, but it will happen'. Think about a time each day that you might set aside to pray the Rosary. Question 3 Begin praying by saying 10 Hail Marys. If you do not have beads use your fingers to keep count.		
27	How to Pray the Rosary	This practical session is designed to teach you the Rosary, and as such is mainly made up of prayers and instructions, including the recommendation of a film that may assist in appreciating the Rosary. Session length: 8 min 50 sec	Questions For the reflection exercise for this session, you are encouraged to say one decade of the Rosary, simply beginning with an Our Father and 10 Hail Marys, finishing with a Glory Be. In your own time you can build up to five decades with all of the prayers that make up the Rosary.	The Sign of the Cross.	Jesus (1999)
28	The Prayer of the Church	The Prayer of the Church is also called the Liturgy of the Hours or the Divine Office. It is the prayer of the whole People of God. It is a form of official liturgy or public prayer of the Catholic Church, but you do not have to be a priest, brother or nun to pray it. From ancient times the Church has had the custom of celebrating and marking different hours of the day with prayers. In this way the Church fulfils the Lord's instruction to pray without ceasing. Session length: 7 min 56 sec	Question 1 Think about the things or events that usually divide your day into different segments. Are there special times in your day and are there times that are ordinary? You might want to think about ways to mark out the special times. Saying a prayer to ask God to bless you and your food before you eat a meal is one way of marking this event as special. Question 2 Saying formal prayers on a regular basis can change the rhythm of your day and have an effect on how you relate to others and how they relate to you. Think about ways that you might be able to set some time aside at different times of the day to pray. Question 3 If you are interested in participating in the Liturgy of the Hours by praying the prayers by yourself, think about who you might be able to ask to help you to learn how to pray this ancient prayer form.	Psalms 121.	Lourdes (2009)
29	The Church in the Modern World: Catholic Social Teaching	The mission that Jesus gave to the Catholic Church is to make disciples of all nations; to "baptise them in the name of the Father, and of the Son, and of the Holy Spirit, and teach them to observe	Question 1 The bedrock of Catholic Social Teaching is the dignity of the human person. What does this statement mean to you? Every person is worthy of being treated with respect. Question 2	Dear God, help me, I am lost!	On the Waterfront (1954) Dead Man Walking (1995)

		<p>all the commands he gave” (Matthew 28:19-20).</p> <p>In this session we explore 10 principles or main themes that have been identified in the growing body of teaching known as Catholic Social Teaching.</p> <p>Session length: 9 min 47 sec</p>	<p>While the basis of human society is the family, many people’s experiences of family is less than ideal. What can you do to enrich your family life?</p> <p>Question 3 As you bring this session to prayer, think of the things that you do that show your respect for the dignity of those you deal with on a regular basis. Ask God to assist you in developing new ways to show respect to them.</p>		
30	Review, Summary and Invitation	<p>In this session we look back over the whole program as a reminder of the journey you have been on as you have listened, perhaps written or drawn responses to the questions and maybe viewed some of the films that were recommended.</p> <p>Session length: 7 min 18 sec</p>	<p>Question 1 As you come to the end of this audio program, take some time to recall the sessions that meant something special to you and the reasons why they were special.</p> <p>Question 2 If this program has increased your interest in Jesus Christ and his Church and you would like to find out more about the Catholic faith, the next step is get a copy of a book that is specifically written to build on this audio program.</p> <p>The book is called <i>Call and Response: An Introduction to the Catholic Faith</i>. It is written in simple language, covers a range of topics and picks up where this program finishes. From 2023, this book is available for purchase from the online shop: www.shop.catholic.au. Free resources are available on www.becoming.catholic.au</p> <p>Question 3 As you bring this session to prayer, and in fact your experience of the whole program, you might want to sit, stand or kneel before God and ask for his assistance in identifying someone who you can talk to about finding out more about the Catholic faith.</p>	Reflection on the journey.	The Saint of Fort Washington (1993)