

# How do we say Yes to God?



## PRAY

### My Lord and my God!

Before we choose you, you chose us. Amen.



## CONTEMPLATE

One person reads the Bible passage aloud.  
Short silence.

**Exchange:** *What particularly appealed to you?*



## STUDY

1. Read YOUCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).



## DISCUSS

**Also discuss your own questions on this topic!**

**Treasure Book:** *Take five minutes to write down what you don't want to forget.*



## CHALLENGE

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at [feedback@youcat.org](mailto:feedback@youcat.org).

**#YOUCATChallenge:** *Share your experience on Facebook or Instagram.*



## Lk 1:38

Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word."

**479** *What can we learn from the way in which Mary prayed?*

**To learn from Mary how to pray means to join in her prayer: "Let it be done to me according to your word" (Lk 1:38). Prayer is ultimately self-giving in response to God's love. If we say Yes as Mary did, God has the opportunity to magnify his life in our life. [2617-2618, 2622, 2674]**

1. After Jesus, why is Mary the central role model for everyone who wants to become a Christian?
2. What if Mary had said: "I don't know... I would rather not!" or "What to I get in return?"
3. Why are we allowed to pray to Mary at all?
4. How can I say "Yes" to God more in my life?

To be truthful means to be authentic. Pray a Hail Mary and write down your personal life experience and internalize it in such manner as to be able to spontaneously tell it to anyone. What influenced you? What hurt you? What are you standing for?

Do you accept this challenge?

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