Reflection Questions: The Call to Holiness

**1.** How would you define *holiness?*

**2.** What is one way you think you are living out the call to holiness in your daily life?

**3.** When did you first become aware of the “call to holiness”?

**4.** Who is one person that has helped you to be holy? How has she or he done this?

**5.** What is one Scripture passage that strengthens or empowers you for holiness?

**6.** How do the Sacraments help you to be holy?

**7.** What are other ways (besides the Sacraments) the Church supports you in your efforts to be holy?

**8.** How do prayer and self-reflection help you to be holy?

**9.** In what types of situations is it hardest for you to be holy?

**10.** What do you think is the connection between holiness and justice?

**11.** How is Jesus an example of holiness for you?

**12.** How does your job or profession give you opportunities to live out the call to holiness?

**13.** How does your lifestyle (married, single, religious, ordained) give you opportunities to live out the call to holiness?

**14.** What is one way in which you hope to continue to grow in holiness?

**15.** What is one piece of advice you would give to a young person who is trying to be holy?