

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?

