



Seeing with the Heart: A Guide to Navigating Life's Adventures, by Kevin O'Brien, SJ

Week 1 -Introduction and Chapter 1

Check in Question: Fr. Kevin begins this book by sharing how he came to be a Jesuit—his journey from lawyer, to teacher, to priest. As you reflect on his story take time to describe your own path. What experiences, people, or turning points have shaped your lifestyle, vocation, or career?

Opening Prayer

*Fr. Kevin begins his other book, **The Ignatian Adventure**, with a prayer by Thomas Merton. Let us pray this same prayer as we begin our journey through *Seeing with the Heart*, asking God to guide us as we learn to notice His presence more deeply in our lives.*

My Lord God, I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself,
and the fact that I think I am following your will
does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that if I do this you will lead me by the right road,
though I may know nothing about it.

Therefore I will trust you always
though I may seem to be lost in the shadows of death.
I will not fear, for you or ever with me,
and you will never leave me to face my perils alone.

Reflection questions:

*At the end of every chapter, Fr. Kevin suggests an Ignatian style of journaling through reflection questions. These questions may be helpful for personal prayer or for conversation within your faith-sharing group. However, we have also created a few additional questions that we hope will be especially fruitful for your discussion together as a group while journeying through *Seeing with the Heart* by Kevin O'Brien.*

For our faith-sharing time, select one or two questions that resonate with you and share your thoughts with the group.

Introduction

1. On page x, Father Kevin outlines the themes of his book — living with purpose, asking the questions, living with depth, in freedom, out of great desires, with compassion, in hope, and with discernment. Which of these themes resonates most with you right now, and which one feels most challenging?
2. Who has been your companion on your “pilgrimage”?

Chapter 1: Living with Purpose

1. Have you ever been on a “fool’s journey” — setting out to find something new, only to return to the same problem or question? What was that experience like for you?
2. Fr. Kevin describes learning to listen to God speaking through the people in his life — family, friends, teachers, students, and even strangers. When have you experienced God speaking to you through another person? Describe the situation.
3. In this chapter, Fr. Kevin emphasizes our need to “pay attention.” When have you sensed God speaking to you in an unusual or unexpected circumstance?
4. Fr. Kevin encourages us to ask, “What is God showing me today?” What do you think God might be showing or inviting you to through your participation in this faith-sharing group?
5. At the end of Chapter 1 (page 11), the author offers a brief description of the Spiritual Exercises of Saint Ignatius. Would that kind of spiritual journey interest you? Why or why not?

Closing Prayer

For whom and what shall we pray...

Let us pray,

Lord, open our eyes to see with the heart,

Help us live with purpose in all we do.

Teach us to pay attention to Your presence,

And hear Your voice through those around us.

Guide us to act with compassion and hope,

Give us the courage to follow where You lead.

May we grow in freedom and discernment,

And walk always in Your loving light.

Amen.

Next time: Chapters 2 & 3