



Insane for the Light, A Spirituality for Our Wisdom Years, by Ronald Rolheiser

Week 2- Chapter 1: Spirituality and the Seasons of Our Lives

Check in Question: As a young person, you may have had a wisdom figure in your life. Describe who this person was and how they guided, supported, or influenced you.

Opening Prayer

Fr. Rolheiser begins part one with a reflection. This is a prayer based on his words from “Seasons of our Lives.”

Loving God,

You call me to awaken, to truly see, and to live with intention.

Help me to care for my body with balance, and to use my gifts for the good of others.

Free me from comparison, greed, and all that distracts me from love.

Teach me to tend the small things—plants, creatures, and the needs of those around me—

To visit the sick, to sit with the lonely, and to share joy with children.

Form in me a heart of attention and care, faithful in the ordinary moments.

And in time, may I stand before You, grateful for the life I have cultivated,

Humble and joyful, offering all that I have tended back to You. Amen.

Reflection questions: Chapter 1~ Spirituality and the Seasons of Our Lives

As you read through the following questions, select one or two that speak to you and be ready to share your reflection.

Chapter 1

1. Fr. Rolheiser suggests that puberty propels us beyond the security of home and begins our journey toward becoming our own person. In what ways did this transition shape the direction of your life?
2. As parents or mentors, did you mark or support the transition from childhood into adolescence for your children in any intentional or meaningful way? If so, what did that look like?
3. Fr. Rolheiser describes a later-life shift: women growing into Sophia (a figure of wisdom) and men into the Magus (the wise guide). How do you see yourself growing into this role of wisdom within your family, or friendships?

4. What choices can I make now so that, when my life comes to an end, it will be a genuine blessing to my family, the Church, and the wider world?
5. When your life is remembered, what do you hope others will say about who you were and how you lived?

Closing Prayer

For whom and what shall we pray...

Lord of every season of life,
You call us out of comfort into growth and new beginnings.
Guide us as we become who You created us to be,
Rooted in love, growing in wisdom, and open to Your grace.
Teach us to walk with others through their own journeys,
With patience, courage, and hearts full of compassion.
Shape our lives into a blessing for our families and Your Church,
So that, in the end, our story reflects Your goodness and light.
We ask this in your holy name.
Amen.

Overview of our meetings

Week 3- Chapter 2: Some Anthropologies of Aging

Week 4- Chapter 3: The Challenge in Aging

Week 5- Chapter 4: Passivity as Generativity and Leaving Behind a Nurturing Spirit

Week 6- Chapter 5: The Modality and Darkness of Faith and Its Deeper Stages of Maturing

Week 7- Chapter 6: Forest Dwelling and Preparing to Find Our Beggars Hut

Week 8- Chapter 7: Finding Beggar's Hut and Giving our Deaths Away

Week 9- Chapter 8: Thoughts on the Afterlife

Week 10- Chapter 9: A Paradigm from a Christian Mystic