



# Catholic Central Activity Guide

## Episode 14: Life After Life

### Diving Deeper

- We hear Kai talk about how heaven to him would be like his grandma singing with angels. When you think of heaven what comes to mind? Is it a pleasant thought? Is it something you're even excited about?
- We heard hell is utter isolation, being totally separated from love, from God and all others. Have you ever felt isolated in life? What made you feel that way? Was there anything you could do to get out of that isolation?

### Go Forth

- If you died today, what would you want your legacy to be? What would you want people to say about you?
- Group fasting. Practice a sacrifice as a group for a day or week. It is meant to be small acts of self-denial throughout to offer up for the souls in purgatory.



### Resources

- [Watch this great video on what happens after death.](#)
- [The Catechism on Heaven, Hell, and Purgatory](#)
- [Father Mike Schmidt on Purgatory.](#)

