



Catholic Central Activity Guide

Episode 29: The Liturgical Year

Diving Deeper

- How might following the liturgical year better help connect the life of Christ with your everyday life?
- Do you notice any connections between the changing natural seasons and the different liturgical seasons?
- Do you notice that certain times of year make you feel a certain way? Is there a connection between those feelings or experiences and Christ's own human journey?

Go Forth

- Select one season of the liturgical year. Pick an act of faith that you would like to do during that season, and write about about why you chose that. Make a collage with images that represent that season to you.
- What do you notice about the season of life that you're in right now? Are there areas of fruition to give thanks to God for? Are there areas to await new life springing forth with hopeful expectancy? What times in the life of Jesus might you connect with your current circumstances during this season?



Resources

- [Fr. Mike with a season for everything](#)
- [Resources from Loyola Press](#)
- [Resources from the Catholic Bishops](#)

