



# Catholic Central Activity Guide

## The Bible

### Diving Deeper

- ▶ Some stories convey truth with historical fact. Other stories convey truths about life in images and poetry. Think of a work of fiction (book, movie or TV show): What truths does it convey? Have you ever wondered if the stories in the Bible are true? What does it mean for something to be true?
- ▶ Have you heard the stereotype that Catholics do not read the Bible? What do you think about that now? Do you have a favorite book or passage of the Bible?
- ▶ "The word of God is living and effective, sharper than any two-edged sword, penetrating even between soul and spirit, joints and marrow, and able to discern reflections and thoughts of the heart." [Hebrews 4:12](#)? In what ways have you experienced that Scripture is alive, that it has something to say for today? What are ways you could experience the Bible more as "living and effective"?
- ▶ If you have never read the Bible, pick one of the Gospels (Matthew, Mark, Luke or John) and read it the whole way through. What do you learn about Jesus in this?

### Go Forth

- ▶ **Open up a Bible.** Let's take a little time and look at what the Bible says about why people of faith read the Bible! Go to [USCCB.org/bible](https://USCCB.org/bible) or use a Bible you have at home. Start with Psalms 119:105. Psalms refers to the book of the Bible, *Book of Psalms*; 119 refers to the chapter; and 105 refers to the verse (a sentence or group of sentences).
  - A. **"Your word is a lamp for my feet, a light for my path."** **Psalms 119:105** What does this verse tell us about Scripture? Have you ever struggled with a decision? Where do you normally look when making decisions? How do you think the Bible could ever help give "light" to our decisions?
  - B. **"Heaven and earth will pass away, but my words will not pass away."** **Matthew 24:35** What does this say about what Catholics believe about the Word of God?



### Activity for Large Groups (10+)

- ▶ Take some time to **share** your favorite Bible passages or stories. Explain why you know this story, why you like it, and what it may be challenging you to do.
- ▶ For example: Moses parting the Red Sea. I heard this story in church growing up and loved the example that God could move in such a powerful way. It is challenging to me, because sometimes I doubt if God could still work like that today.





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### Activity for Small Groups (4-9)

- ▶ Try **reading** the passages at Mass before you go on Sunday. Take time to reflect upon the words in scripture. and pray about anything that may stick out to you.
- ▶ Go to <http://www.usccb.org/calendar/index.cfm?showLit=1&action=month> for the readings associated with the calendar of Masses.
- ▶ Read each reading three times, soaking in what words or phrases stand out while you read them.
- ▶ End your time by saying a prayer asking that God may convict you to live a holy life through these readings.

### Get More

- ▶ Wonder what the Church says about the Bible? Check out the [Catechism of the Catholic Church](#), paragraphs 107-114.
- ▶ Many people wonder how they should read the Scriptures. Check out this video from Fr. Mike Schmitz: "[Ways to read the Bible](#)".

