

**Temp II**  
**Beginnings in Spiritual Life**  
**Dominic Hoffman O.P.**

**OVERVIEW**

- **Meeting 1: September**
  - Introduction Pgs. 11 - 16
  - Part I Pgs. 17 – 30
  - Part II Pgs. 31 - 54
- **Meeting 2: October**
  - Part II cont. Pgs. 55 – 102
  - St. Margaret of Castello
- **Meeting 3: November**
  - Part III Pgs. 103 – 128
  - Bl. Henry Suso
- **Meeting 4: December**
  - Part IV Pgs. 129 – 158
  - St. Raymond of Pennafort
- **Meeting 5: January**
  - Part V Pgs. 159 - 170
  - Part VI Pgs. 171 – 190
  - St. Louis de Montfort
- **Meeting 6: February**
  - Part VII Pgs. 191 – 246
  - St. Agnes of Montepulciano
- **Meeting 7: March**
  - Part VII cont. Pgs. 247 – 296
  - Bl. Pier Giorgio Frassati
- **Meeting 8: April**
  - Part VIII Pgs. 297 – 310
  - Part IX Pgs. 311 – 33
  - St. Vincent Ferrer

## **Meeting 1: September**

### **Chapter 1**

1. Why do many not love God, or do not love him the way that we ought? (pg. 17)
2. What does human reason show us about God? (pg. 19)
3. What do we need to do in order to put meaning into our lives? (pg. 21)

### **Chapter 2**

4. According to St. Thomas, what makes the spiritual life attractive and fulfilling? (pg. 23)

### **Chapter 3**

5. How is God's love compared to a marriage? (pg. 32)

### **Chapter 4**

6. How is venial sin and mortal sin described? (pg. 38-39)

### **Chapter 5**

7. What are the two false attitudes toward temptation? (pg. 45)

### **Chapter 6**

8. What is one of the worst states of mind in the fight against temptation? What is the second one? (pg. 49)
9. What are the purely spiritual remedies for temptation? (pg. 50)

## **Meeting 2: October**

### **Chapter 7-The World and Love**

1. How is the world in rebellion against God? (pg. 55)
2. What makes a person weak, and how can we overcome it? (pg. 59-60)

### **Chapter 8-Our Bodies and Souls and Love**

3. When can we begin to experience the peace which God promises? (pg. 61)
4. How can we keep our will strong against temptation? (pg. 66)

### **Chapter 9-The Love of God and Our Sexual Nature**

5. Why is chastity the most misunderstood of all the virtues? (pg. 69-70)
6. What comparison does the author make to sexual desire? (pg. 71)

### **Chapter 10-Marriage and the Love of God**

7. What is the spiritual perfection of remaining unmarried? (pg. 79)
8. What are the spiritual reasons for entering marriage? (pg. 80)

### **Chapter 11-Solitude and the Love of God**

9. Why is solitude necessary? (pg. 89)

### **Chapter 12-Suffering: Abandonment to God's Purifying Will**

10. How is suffering in the spiritual life drawing forth greater love and purifying it? (pg. 92)

### **Chapter 13-Love Conquers All**

11. How does love change our perception of suffering in the spiritual life? (pg. 96)

## **Meeting 3: November**

### **Chapter 14-Love in Asking**

1. Who outlined the terms of the principal and essential means to union with God and how is it presented? (pg. 103)
2. Why does God want us to ask for things? (pg. 104)
3. What constitutes praying with humility? (pg. 105)

### **Chapter 15-Mental Prayer: Our Embrace with God**

4. What are the ways we can participate in mental prayer?

### **Chapter 16-God's Presence of Love**

5. What do we know about God's presence in our souls and how do our actions affect how we draw close to him?

### **Chapter 17-Practical Suggestions on Prayer**

6. What are the different types of distractions in prayer?
7. How can too many prayers and devotions negatively affect us? (pg. 124)

## **Meeting 4: December**

### **Chapter 18 The Liturgy and Love**

1. What does personal prayer dispose us to receive more of? (pg. 130)
2. Why do some receive no benefit when they go to mass? (pg. 130)
3. What is one of the great achievements of the liturgy and how do personal preferences affect it? (pg. 131)
4. Why must religion in some way be organized? (pg. 132)

### **Chapter 19 Holy Communion: The Food of Love**

5. Why did God want the sacrifice to always be available? (pg. 136)
6. What does the author compare to a person who attends mass but does not receive Holy Communion? (pg. 137)
7. What are some reasons people neglect the union of Christ in Holy Communion? (pg. 137-138)
8. What are ways we can battle against routine in the spiritual life? (pg. 139-140)

### **Chapter 20 Confession: The Healing of Love**

9. What is the only thing that can stop the advance of God? (pg. 142)
10. What was one of the first acts of our Lord after rising from the dead on the first Easter? (pg. 143)
11. What is needed to be forgiven without the sacrament of confession? (pg. 143)
12. What are the advantages of confession besides preparation for Holy Communion? (pg. 146)

### **Chapter 21: Practical Suggestions on Confession**

13. Why is it important that we be specific in confession? (pg. 150)
14. What must we never forget that the guilt of sin is based upon? (pg. 151)
15. How should doubtful mortal sins be confessed? (pg. 152)

## **Meeting 5: January**

### **Chapter 22 "Be Perfect"**

1. Why must man perfect himself spiritually? (pg. 160)
2. Why should we avoid giving God no more than the minimum and avoid everything that costs us difficulty or pain? (pg. 160)
3. Why do we fear spiritual perfection? (pg. 160)
4. What does it mean, when it says perfection is understood to be in pursuit of greater love of God? (pg 161) What does our Lord indicate perfection consist primarily of?

### **Chapter 23 "If Anyone Love Me, He Will Keep My Word"**

5. What is the two-fold aspect, in Gods' mind, are we to measure our perfection? (pg. 165)
6. What should we ask God to remove so that we might be perfectly conformed to his will? (pg. 167-168)

### **Chapter 24 Love and the Virtues**

7. Why are virtues critical in the spiritual life? (pg. 171-172)
8. What is one of the advantages of having a clear picture of various virtues? (pg. 173)

### **Chapter 25 Love Means Peace Means Change**

9. What does stagnation of the spirit cause? (pg. 178)
10. What are three reasons we have an unwillingness to change? (pg. 178-179)

### **Chapter 26 The Second Chances**

11. What was Mary's glory? (pg. 184)
12. How do some refuse God's second chances? (pg. 186)

## **Meeting 6: March**

### **Chapter 27 Loving One Another**

1. Explain how the virtue of justice is more basic than charity. (pg. 192)
2. Why did our Lord command us to love ourselves? (pg. 194-195)

### **Chapter 28 Love in Thought**

3. How does God ask us to love our neighbor? (pg. 198)
4. Is all judgment sinful? (pgs. 200-201)

### **Chapter 29 Love in Word**

5. When is justice violated? (pg. 203)
6. Explain the difference between the sin of gossiping and detraction. (pgs. 204-205)
7. What is the best way to speak to our neighbor about God? (pg. 208)

### **Chapter 30 Love in Deed**

8. How does God judge our deeds? (pg. 213)
9. How does helping others help ourselves? (pgs. 213-214)

### **Chapter 31**

10. What are some sins against our neighbor? (pgs. 218-219)

### **Chapter 32 Immodesty and our Love of Neighbor**

11. How does immodesty affect love of neighbor? (pg. 222)
12. What are some excuses of immodesty and how does it affect us? (pg. 223)

### **Chapter 33 Loving the Unloved and the Unloving**

13. How does the way we look at our actions and faults give an insight to how we act toward others? (pg. 228)
14. How do we use the sin of silence against others? (pg. 231)
15. What puts a curtain of darkness between the soul and God? (pg. 232)

### **Chapter 34 The Love of Friends**

16. What are some things that should not be shared among friends? (pg. 237)

### **Chapter 35 Doves as Serpents**

17. What is the virtue of prudence and how should we use it in our lives? (pg. 243)

## Meeting 7: April

### Chapter 36-Love and the Humble Heart

1. How do we confuse the meaning of pride? (pgs. 247-248)
2. Humility has all the strength implied in \_\_\_\_\_ and \_\_\_\_\_. (pg. 249)

### Chapter 37-Love.... Believes All Things

3. What does it mean to say the church is infallible and how is this possible? (pg. 256)

### Chapter 38-Love and Authority

4. How can we keep our own piece of mind in matters which we can do nothing? (pg. 267)

### Chapter 39-Love.... Hopes All Things

5. Has God promised the same thing to all of us? (pg. 270)

### Chapter 40-Love is Strong as Death

6. How has art over the years reflecting the angels and saints changed? Has it changed how we perceive them? (pg. 275)
7. Why has the spiritual life sometimes been called a refuge of weaklings? (pg. 276)

### Chapter 41-Love.....Endures All Things

8. What is the glory of martyrs? (pg. 285)

### Chapter 42-Rejoice in the Lord

9. What is required to bring man closer to God? (pg. 289)

## **Meeting 8: May**

### **Chapter 43 Work of the Spiritual Life**

1. What is needed in our work to keep us on course? (pg. 297)
2. In what way is the relationship between work and the spiritual life more complex than it seems? (pg. 208)

### **Chapter 44 The Apostolate of Love**

3. What are the two general ways in which we may exercise the apostolate of love? (pg. 304)

### **Chapter 45 "I am the Mother ... of Holy Hope"**

4. This chapter focuses on spiritual perseverance. What is one of the first things we should expect in taking these first steps? (pg. 312)

### **Chapter 46 Guidance for Love**

5. What is the importance of a spiritual director and what qualities should you look for in one?

### **Chapter 47 Reading and the Love of God**

6. This chapter focuses on the importance of daily spiritual reading. What are some things to consider when choosing a book?
7. What is a consequence of not re-reading certain spiritual books? (pg. 324)

### **Chapter 48 Daily Life and the Love of God**

8. Making time for God everyday is crucial in the spiritual life. What is one preliminary error that some make in making time for God in our lives? (pg. 327)

### **Chapter 49 Unending Love**

9. What did you think of this book? Do you think it is one you will pick up again and re-read? Why?