



## PRAY

### My Lord and my God!

You are there before me. You, from whom everything comes. You, to whom everything goes. You, without whom nothing exists. You I worship, and nothing shall be more important to me than you. Amen.



## CONTEMPLATE

One person reads the Bible passage aloud.  
Short silence.

**Exchange:** *What particularly appealed to you?*



## STUDY

1. Read YOUCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).



## DISCUSS

**Also discuss your own questions on this topic!**

**Treasure Book:** *Take five minutes to write down what you don't want to forget.*



## CHALLENGE

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at [feedback@youcat.org](mailto:feedback@youcat.org).

**#YOUCATChallenge:** *Share your experience on Facebook or Instagram.*



## Lk 1:46-47

My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior.

**485** *Why should we adore God?*

**Every person who understands that he is God's creature will humbly recognize the Almighty and adore him. Christian adoration, however, sees not only the greatness, omnipotence, and holiness of God. It also kneels before the divine Love that became man in Jesus Christ.**

Someone who really adores God kneels down before him or prostrates himself on the ground. This gives expression to the truth about the relation between man and God: He is great and we are little. At the same time, man is never greater than when he freely and devoutly kneels down before God. The unbeliever who is seeking God and is beginning to pray can find God in this way.

1. What is wrong with worshipping a model or an actor?
2. Why is it sometimes so hard to remain silent before God?
3. In what way do we achieve greatness by becoming small before God?
4. How can you become more and more of a "worshiper of God"?

Go to an open church next week and stay silent for 10 minutes before God. Hold your heart towards him and let him fill you with his love.

# What is worship?



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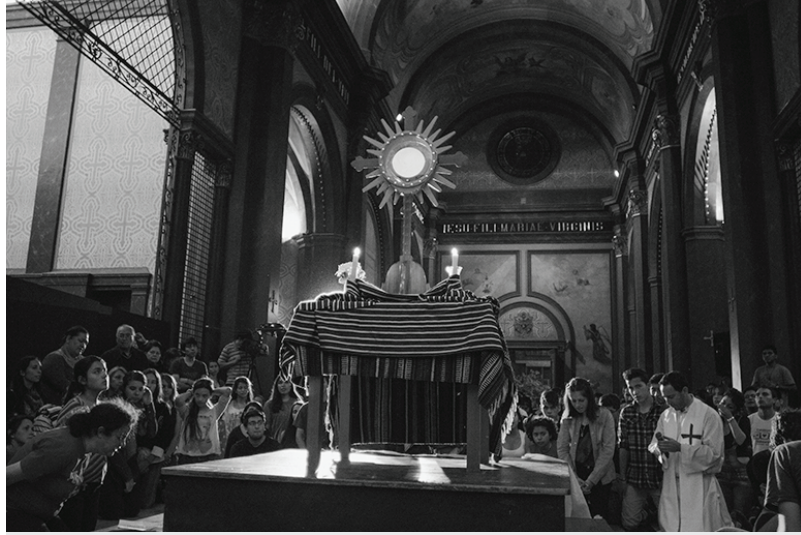
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