

ANIMA FILM ONE: CRUX

- 1. Bishop Hying states that dwelling on the past or fixating on the future can often rob us of the peace and joy found by living in the present. How have you experienced this to be true?**
- 2. Sometimes the word “hope” is used interchangeably with “wish.” (“I hope it doesn’t rain.” “I hope Grandma made those cookies again.”) Traditionally, however, hope is defined in relationship to eternity, to heaven. How do you see hopelessness affecting our world?**
- 3. Many people describe the weeks leading up to Christmas as some of the most stressful and anxiety producing of the year. In your mind, what are some of the reasons people can feel stressed or discouraged during Advent?**
- 4. Bishop Hying goes on to say that we need silence. How can silence relieve pressure from the anxieties of life? How much silence do you get on a daily basis?**

(NOTE: Silence is helpful in removing distractions so that we can be more aware of God’s presence and more aware of ourselves. Prayer is conversation with God. Therefore, awareness of God’s presence and awareness of our own state of being is important for that conversation to take place. The catechism teaches: “Whether we realize it or not, prayer is the encounter of God’s thirst with ours. God thirsts that we may thirst for him” [2560]. In other words, God desires, at every moment of our lives, to draw us closer to himself. When we create silence for prayer, we give God permission to draw us deeper into relationship with him.)

- 5. Before Jesus ascended to heaven, he promised to remain with us: “I am with you always, to the close of the age” [Matthew 28:20]. Bishop Hying states, “he so fell in love with us that he decided to stay”? How does Jesus remain with us?**

(Jesus remains with us in the Eucharist. The catechism teaches: "Under the consecrated species of bread and wine Christ himself, living and glorious, is present in a true, real, and substantial manner: his Body and his Blood, with his soul and divinity" [1413]. Not only can we receive Jesus in the Eucharist at Mass, but we can adore Jesus in Eucharistic adoration outside of Mass. Finally, Jesus is spiritually present to us in sacred scripture which “is living and active” ... “discerning the thoughts and intentions of the heart” [Hebrews 4:12].)