



SEEKING REFUGE

Break Out Questions



BREAK OUT #1

Questions after praying a Flame of Love Holy Hour

1. We don't have to try to make our prayers sound formal or perfect. God wants ALL of us! He wants every ounce, every cell of our being. What are some suggestions on how to give it your ALL when you pray?
2. When making the "Sign of the Cross" on ourselves, what are we professing?
3. The Flame of Love Rosary uses a supplication in the "Hail Mary" (... "Spread the effects of the Flame of Love grace over all of humanity" ...). **Mary said, "I want to awaken humanity by this petition. This is not a new formula but a constant supplication."** (Small FOL diary pg. 45-46) What does this mean to you? Did you notice a difference while adding it to your prayer?
4. Any suggestions on how to keep your mind from wandering while meditating on a decade of the Rosary and reciting prayers at the same time?
5. Does your family pray a Rosary together? If so, share how this has enriched your Domestic Church.
6. Why do you think Jesus wanted Elizabeth Kindelmann to recite the "Unity Prayer"?
7. St. Joseph seems to be important for these times and we ask his intercession during our Holy Hour. Why do we need St. Joseph's intercession now and in the days to come?
8. Why is "Oh my Jesus forgive us our sins, save us from the fires of hell and lead all souls to Heaven who are most in need of thy mercy" called the Fatima prayer?
9. In the Holy Hour, we make the Sign of the Cross five times and kiss each of Jesus's wounds. In 1962, Mary told Elizabeth Kindelmann, **"Start by making the Sign of the Cross five times offering yourselves to the Eternal Father through the Wounds of my Divine Son. Do the same at the conclusion. Sign yourselves this way when you get up and when you go to bed, and during the day."** (Full FOL diary pg. 28) Why would Mary ask us to make the Sign of the Cross so many times?
10. When the Flame of Love Grace is passed, am I supposed to "feel" anything? How do I know I received it?





SEEKING REFUGE

Break Out Questions



BREAK OUT #2

Questions after viewing [The Seventh Seal the Eye of the Storm Video](#) by [Countdown to the Kingdom](#)

1. How would things look different without the beautiful gift of Divine Mercy?
2. In the time after the Illumination, what will your role be, what gifts has God given you?
3. Thy will be done on Earth as it is in Heaven—contemplate this, what does it mean to you?
4. What types of confusion do you see in the world, in the Church?
5. If you haven't made a [lifelong confession](#), now is the time. Go back to each phase of your life and reflect and pray upon the things you need to confess.
6. Mary told Elizabeth, satan's blindness will overcome the earth, how does this tie into the Flame of Love?
7. Satan is reigning, how do you see this happening?
8. Think about the Second Pentecost, what do you imagine will happen? How will you respond?
9. Matthew chapter 12 describes a house swept clean, but seven other spirits came back. All of our empty places must be filled with God. Can you identify places in your soul that may need to be emptied out and filled with God? How can you fill these places? Can addictions be replaced by helping others? Can spending time on social media be replaced with prayer?
10. Where are you lacking in witnessing? Simply sharing scripture, like John 3:16, can open the doors of evangelization! Offer your testimony and share how God has loved you.
11. Holiness is getting out of God's way and allowing His Will to direct and guide you. Ask for that desire TODAY. God uses imperfect people to bring about His Perfect Will. What gifts has God given you to help gain these souls? Are you a teacher? An intercessor? An evangelist? A healer? Start asking God to prepare you for what your mission will be.





SEEKING REFUGE

Break Out Questions



NOTES //

