

Saintly Moms

Discussion Questions & Bible References

Chapter 1 – Blessed Mother Mary

Read: Luke 1:46-48, John 2:5

Discussion Questions:

1. Mary, as apostle and bearer the Good News, brought hope into the world. How can you, in your ordinary life, share this hope with others?
2. In what way do you need to trust more in God's Divine Providence?

Chapter 2 – Saint Anne

Read: Sirach 26:2-3

Discussion Questions:

1. What good qualities of your mother do you have or wish you had?
2. Discuss some ways you can educate your child in the faith.

Chapter 3 – Saint Elizabeth

Read: Luke 1:45

Discussion Questions:

1. Our children are indeed special gifts from God. How do we protect them without being over-protective?
2. How does spiritual motherhood benefit the world?

Chapter 4 – Saint Perpetua

Read: Luke 11:27-28

Discussion Questions:

1. What are the enjoyable parts of the phase of motherhood that you are in now?
2. What are the difficulties, and how can you better deal with those moments/aspects?

Chapter 5 – Saint Bassa

Read: Revelation 21:4

Discussion Questions:

1. How do you encourage your child when he is experiencing a trial or some difficulty?
2. By having your child baptized, you are recognizing that he/she is a child of God. What does this mean to you?

Chapter 6 – Saint Helen

Read: Luke 9:23

Discussion Questions:

1. How is your life similar to the calling of a missionary?
2. Is there any help or service that you could offer to your church or community – if not now, perhaps in the future?

Chapter 7 – Saint Monica

Read: 1 Thessalonians 5:16-17

Discussion Questions:

1. Do you trust God to answer your prayers? Why or why not?
2. Why do you think it is difficult for us to wait on the Lord?

Chapter 8 – Saint Gladys

Read: Matthew 11:29

Discussion Questions:

1. Describe a time when a child inspired you?
2. Is there anything in your life that God may be asking you to give up so that you can grow in holiness?

Chapter 9 – Saint Theneva

Read: Matthew 25:40

Discussion Questions:

1. Share a time when God was able to take a bad situation in your life and work it out for the good.
2. What help would you have liked to receive when you were pregnant or a new mom? Is there any way you can provide that help to a pregnant mommy or new mom friend?

Chapter 10 – Saint Ludmilla

Read: Philippians 1:29

Discussion Questions:

1. How is free will a gift? How is this gift often abused?
2. What tradition do you (plan to) carry on in your family that was passed on to you by your grandparents?

Chapter 11 – Saint Elizabeth of Hungary

Read: 1 Peter 1:15-16

Discussion Questions:

1. What virtues do you see and respect in your husband?
2. What virtues do you have and practice in your married life?

Chapter 12 – Saint Margaret of Cortona

Read: Luke 15:7

Discussion Questions:

1. How has motherhood stretched and tested you?
2. If you could receive one virtue instantly through the Sacrament of Reconciliation, which one would you want God to give you? (Indeed God will, through the sacrament and prayer, give you this virtue – just not instantly.)

Chapter 13 – Saint Frances of Rome

Read: Sirach 6:14-17

Discussion Questions:

1. What qualities do you look for in a friend?
2. A spiritual posse refers to a group of friends in heaven that you would like to surround, protect, and encourage you. What saints would you want in your posse? Choose four to eight heavenly friends.

Chapter 14 – Saint Rita of Cascia

Read: Proverbs 3:5-6

Discussion Questions:

1. How might you be a peacemaker within your family, church, or community?
2. For what needs do you pray for your family? Is their salvation among your petitions?

Chapter 15 – Saint Margaret Clitherow

Read: Matthew 6:19-20

Discussion Questions:

1. When do you pray? Is there any way you can make more time for prayer?
2. In what ways is motherhood a white martyrdom?

Chapter 16 – Saint Jane Frances de Chantal

Read: Psalm 86:4-7

Discussion Questions:

1. What makes giving forgiveness difficult? What could make it easier?
2. When you are feeling down or overwhelmed, what are some things you do to feel better?

Chapter 17 – Saint Louise de Marillac

Read: 1 Timothy 5:8-11

Discussion Questions:

1. What chore/ responsibility do you like the least or find the most difficult? Can you make this chore a prayer, an offering to God?
2. Recall a “good” time you and your husband experienced, and a “bad” time. Can you see God’s blessings in both?

Chapter 18 – Saint Elizabeth Ann Seton

Read: Deuteronomy 6:5-7

Discussion Questions:

1. Saint Elizabeth Ann Seton’s desire to receive Jesus in Holy Communion was one of the main reasons she came into the Catholic Church. Besides the Eucharist, what other aspects of the Church do you love?
2. What is your favorite Bible verse or story?

Chapter 19 – Eliza Vaughan

Read: Genesis 2:18

Discussion Questions:

1. Besides praying, how else might you encourage religious vocations, especially within your own family?
2. Eliza wanted to raise well-rounded Catholics. What does a well-rounded Catholic look like to you?

Chapter 20 – Blessed Anna Maria Taigi

Read: Romans 12:2

Discussion Questions:

1. What gifts and talents has God given you?
2. How do the Sacraments, Scriptures, and the Church help you become a saint?

Chapter 21 – Blessed Margaret Bosco

Read: 1 Corinthians 16:13-14

Discussion Questions:

1. When asked to take on a project or to do a favor for someone, how do you determine whether it is God's will or just something else to make you busy?
2. Do you have a place to retreat to when you need a mommy time-out? If so, where? If not, can you find a place?

Chapter 22 – Saint Zelig Martin

Read: Philippians 4:6-7

Discussion Questions:

1. What sacramentals (statues, crucifixes, holy water fonts, rosaries, etc.) are in your home? Do you have or can you find a place for a Marian shrine?
2. We all have crosses to bear, maybe an illness or perhaps some other burden. What makes carrying your cross easier? What gives you hope amid suffering?

Chapter 23 – Blessed Marianna Biernacka

Read: John 15:12-13

Discussion Questions:

1. What are some of the sacrifices you have been called to make as a mother? What has been the benefit of those sacrifices?
2. Name a good quality that your mother-in-law has.

Chapter 24 – Blessed Maria Corsini

Read: Matthew 6:33

Discussion Questions:

1. What is your family's favorite Catholic devotion? If you do not have one, which one would you like to begin in your family?
2. What activities occupy most of your schedule? Do you give glory to God through these activities?

Chapter 25 – Gianna Molla

Read: Hebrews 12:1-2

Discussion Questions:

1. What are some ways we can witness the sanctity of life from conception to natural death?
2. What do you think Saint Gianna meant when she said, "One cannot love without suffering or suffer without loving?"