



who do you think you are?

Week 2 - August 16-22

Our identity is not earned—it is received. Last week, we discovered that Jesus calls us to step out in faith because our confidence is found in Him. This week, we go even deeper by asking the question: **Why would God call us at all?**

The answer is simple and profound — It is because **we are His beloved.**

Through the life, death, and resurrection of Jesus Christ, we have been reconciled to the Father. God did not wait for us to become worthy of His love. While we were still sinners, Christ died for us. (*Romans 5:8*) Before we accomplish anything, before we succeed or fail, we are loved as sons and daughters of God.

When we truly believe that we are God's beloved, it changes everything—how we see ourselves, how we treat others, and how we live each day.

OPENING PRAYER

Heavenly Father,
Thank You for loving us before we ever loved You. Thank You for sending Your Son so that we might be reconciled to You and become Your beloved children.

Open our hearts to receive Your love more deeply today. Remove the lies that tell us we must earn Your affection or prove our worth.

May Your Holy Spirit remind us that our identity is rooted not in what we do, but in who You say we are. Help us to live each day as Your beloved sons and daughters.

We ask this through Christ our Lord. **Amen.**

Readings for Sunday, August 16

First Reading: *Isaiah 56:1, 6–7* — "My house shall be called a house of prayer for all peoples."

Second Reading: *Romans 11:13–15, 29–32* — God's gifts and His call are irrevocable. His mercy is offered to all.

Gospel: *Matthew 15:21–28* — The Canaanite woman approaches Jesus with persistent faith, and Jesus responds to her trust with compassion and healing.

ADDITIONAL SCRIPTURE PASSAGES

John 3:16–17 "For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him."

QUESTIONS FOR REFLECTION AND DIALOGUE

Take some time to reflect on this week's message and discuss with your group:

1. When you hear the words "You are God's beloved," what is your first reaction? Why?
2. What makes it difficult to truly believe that God loves you personally?
3. In what ways do you find yourself trying to earn God's love or the approval of others?
4. How does the Cross reveal the depth of God's love for you?
5. Where in your life do you need to replace shame, fear, or insecurity with the truth that you are God's beloved child?
6. How does receiving Jesus in the Eucharist remind you that God desires a personal relationship with you?

PRAY

- Each morning this week, slowly pray: "Father, thank You for loving me. Help me live today as Your beloved child."
- Spend five minutes each day reading John 3:16–17 and asking: "Lord, help me believe that Your love is enough."

ACT

Choose one way to live from your identity as God's beloved this week.

- Identify one lie you often believe about yourself and replace it with a truth from Scripture.
- Go to Reconciliation: Receive God's mercy and allow Him to remind you that your identity is not defined by your mistakes.

RECONCILIATION TIMES:

St. John Vianney:

Monday–Friday: 8:15–8:30am (15 minutes before Daily Mass)

St. Mary: Saturday:

3:00pm – 3:45pm

- Write down three ways you have experienced God's love this week.

INSPIRE

- Tell someone how God has shown His love in your life.
- Offer forgiveness or encouragement to someone who needs to experience God's love through you.
- Invite someone to Mass, Adoration, or your small group next week.

INTERCESSIONS FOR THE GROUP AND CLOSING PRAYER

Take some time to pray together for the persons or people on the hearts of your small group members.

Loving Father, Thank You for calling us Your beloved sons and daughters.

Thank You for sending Jesus to reconcile us to You through His Cross and Resurrection. Help us to stop seeking our worth in the approval of others and instead rest in Your unfailing love.

May we leave here today confident that nothing can separate us from Your love, and may our lives become a witness to that love for everyone we meet.

We ask this through Christ our Lord, Amen