

NOTES



In Episode 5 of Beauty Within, Trappistine Sister Andre speaks of the importance of a sense of humor for an integrated spiritual life.

Prayer for the Day

Lord, help me to see myself as you see me, and love myself as you love me, and find joy even in my failures and foibles.



Question 1:

Can you think of a time when you chose to laugh at an unexpected humiliation or embarrassment? How did it affect your experience of the matter?

Blank space for answer to Question 1.

Question 2:

Why would a sense of humor help us to develop humility?

Blank space for answer to Question 2.

Question 3:

Sr. Andre's very positive experience of romantic love led her to find her vocation to the convent. Does this surprise you? Would it surprise the people you know? Why or why not?

Blank space for answer to Question 3.