

# NOTES



In Episode 7 of Beauty Within, host Dr. John Masko reflects upon the years-long process of making the series — and the years just beginning of learning from it.

### Prayer for the Day

*Lord, help me to live fully in every moment, engaged in every conversation, aware of your presence and power, and willing to work at your pace. Help me to put aside expectations others have — and the expectations I impose on myself. Help me to rest in you as your child, even in the midst of the world and its challenges.*



### Question 1:

The Beauty Within series went forward not at the pace of the host or the Sisters, but (it seems) at God's pace. Have you ever had to adjust expectations and deadlines in order to achieve something good?

### Question 2:

Community gave the sisters the strength they needed to make themselves vulnerable. How might families and friend groups provide the same support for their members?

### Question 3:

What role does prayer play in helping us to live intentionally — in the moment? How is your life different when you're regular in prayer?

