

An exercise in Noticing

It takes practice to notice other people, even the people closest to us. But if you don't really know someone, how can you truly love them? Do you know their answers to the following questions? If you do not, we invite you to take a moment to ask the person these questions and share your answers as well. Even if you think you know their answers and vice-versa it's a great way to open dialogue.

Do you See Them?

- What is good and admirable about them?
- What are their natural strengths?
- What are their supernatural gifts? (take a moment to affirm them)
- What are some of their quirks or habits that are uniquely theirs?
- What is a memory you have with them that makes you smile?
- How do you think Jesus looks at them?

What's Important to Them?

- Name one of their favorite novels or movies. What do they love about it?
- What would they consider their ideal job? Why?
- What are some of the important events coming up in their life?
- How do they feel about them?
- What are some of their favorite ways to spend time?
- Who are their closest friends?

What Troubles Them?

- What's stressing them out right now?
- What is their greatest fear?
- Who is someone they struggle to love?
- Who has hurt this person?
- What medical problems do they worry about?
- What lies are they believing about themselves (if any)?

What are their Hopes and Dreams?

- What do they desire?
- What are some of their dreams for their life?
- What do they need?
- What do they wish they had?
- If they won the lottery, what would they do with the money?



This exercise was inspired by The Evangelical Catholic

Questions on their past

- First love? First heartbreak? First friend? First dream job?
- Greatest challenge growing up?
- How was their relationship with their parents?
- What piece of advice would their younger selves give them?
- Who is the most influential person in their life and why?
- What event had the greatest impact on their life? Why?

Where are they in Relationship with Jesus?

- Why are they Catholic (or whatever religion they associate with)? What moment in their life helped them to truly believe? (if they don't have one, what questions might they have?)- This is a great opportunity to share your own faith journey
- What's their friendship with Jesus like? What does Jesus mean to them?
- If they could ask God anything right now, what would it be?
- What are they curious about or struggling with in relation to Jesus?
- Where do you think Jesus is calling them right now? Do they know it? Are they ready to follow?
- What makes it easy or hard for them to follow Jesus right now?

Weekly Check Ins

This is a great way to check in with each other as a family. Can be done with your kids, parents, as well as a spouse or your best friend.

- What was a blessing and challenge of your week?
- How are you doing...
 - o Mentally
 - o Physically
 - o Spiritually
 - o Emotionally
- What brought you joy this week?
- How is our relationship going?
 - o How did I love you well? How can I love you better?
 - o Is there something bothering you or that you are struggling with regarding our relationship? Can we talk about it now?
- What are you looking forward to this upcoming week?
- How can I pray for you this week?

For resources on Mental Health and more visit- www.MariPablo.com



