

# Do You Love Me?

A Practical Guide to Catholic Prayer and Spirituality

## Handouts

### Introduction

*Do you love me* is 'a practical guide to Catholic Prayer & Spirituality' by the Catholic Bishops of England and Wales. It is published by Catholic Truth Society [<http://www.ctsbooks.org>].

This is a series of handouts based on *Do you love me?* It is intended for small groups who wish to work through the book. Each of the handouts is based on a chapter:

1. Searching
2. Recognising
3. Experiencing
4. Conversing
5. Following
6. Choosing

The content of the handout follows the structure of each chapter but shortens it so that the contents can be covered in a session lasting about 90 minutes. The handouts are intended as an introduction and it is hoped that participants would also have copies of *Do you love me?*

The format is flexible and the person leading the group will need to consider:

- Which passages to read out loud by a single voice (e.g. the Scripture), where varied voices might be helpful (e.g. the ideas in 'Putting it together') and which parts to invite people to read together silently.
- Reflect & Jot – to allow time for people to write down their thoughts. When it will be appropriate and helpful to invite people to share their reflections with the group.
- Time might also be given for people's thoughts and reflections about how the previous session has affected them in the intervening time.
- At the end of each chapter there is a psalm which may be used as part of a closing prayer.

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These handouts contain core readings, reflections and pictures from individual chapters of *Do You Love Me?* and are intended as an introduction to, or a recap of, or a simplified use of the guide.

The Spirituality Committee is grateful to CTS for generously sharing some of the images used in the published text in these resources.



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