



INTRODUCTION TO SECTION ONE

Dr. Hogan points out that the cultural hurricane of technology can distract us from staying in the present moment. He reminds us that being in the present moment helps us to connect with God.

1. When do you feel closest to God?

2. When are you most distracted by today's technology?

3. How might technology help you stay in the present moment?



CHAPTER 1

1. Dr. Hogan suggests that there are many reasons we are so busy (read pages 27-28). What motivations, good and bad, drive your busyness? Review the journal exercise on page 37 in the book.

2. How well do you sleep at night? How do you think that impacts your day? Read pages 31-32 in the book to help you recover a healing sleep cycle.

3. Do you practice a day of rest each week? What might that look like? Read pages 32-33 in the book for suggestions on ways to recover a day of rest.

4. When was your last retreat? How did that retreat benefit your mental, emotional, and spiritual health? Review pages 33-34 to help you schedule a retreat. Investigate local options with your parish, work, or community.



CHAPTER 2

1. Dr. Hogan identifies two ways we tend to be distracted: pleasure or worry. Which is the biggest challenge for you? How does it impact your life?

2. Read pages 45-46 about surrendering your worrisome thoughts to God. What prayers help you surrender to God?

3. Dr. Hogan offers several exercises on pages 51-58 to address distractions. Choose one journal exercise that resonates with you, and share that experience during the next meeting.

4. What other practices have you found that help you from being distracted by pleasure or by worry?



CHAPTER 3

1. Dr. Hogan reminds us that our focus on digital media can cause us to feel disconnected from our bodies. When do you feel most connected with your body? What causes you to be less connected with your body?

2. On pages 64-67, Dr. Hogan talks about the importance of healthy breathing. What is your breathing like when you are stressed? What is your breathing like when you are relaxed? What can you do to become more intentional about deepening your breath?

3. Review the journal exercises on page 72-77. Choose one exercise to complete this week. What did you notice as you did the exercise? How does connecting with your body help you to connect with God?

4. What are your takeaways about living more in the present moment as you complete Section One? Which practices identified in the book do you hope to integrate more into your life?
