

**Leader's Guide for**  
***LIVING FROM THE CENTER***  
**How to Pray**

**Questions for Reflection and Discussion**

1. When you think of doing the “river prayer” (allowing all the images to float by until you get to the “face you had before you were born”), how do you feel?
2. Do you cling to one image of yourself? Is there one feeling that you allow to dominate you?
3. Is there a difference between religion and spirituality? What is it?
4. What is the difference between spirituality and psychology?
5. How does silence make you feel? Do you welcome it or is it threatening?
6. What does Father Rohr mean by the “inner” and “outer” journey? Why is one not valid without the other?
7. Father Rohr speaks of confusing the “fingers pointing to the moon” with the moon itself. Have you ever idolized a particular religious or spiritual practice and missed God in the process?
8. Father Rohr emphasized the spirituality of “letting go.” What does that mean to you?
9. Have you ever thought of yourself as holy? What keeps you from experiencing that truth?

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NOTE: This guide can be printed and cut down in size to be stored with the DVD version of this video program. Simply cut ¾ inch from each side of the page for a guide that, when folded, can be placed inside of the DVD case or attached to the DVD or VHS case.

For use with:

*Living From the Center: How to Pray* on VHS (V1061) and DVD (D1061)

St. Anthony Messenger Press  
28 W. Liberty St.  
Cincinnati, OH 45202-6498  
800-488-0488  
[www.AmericanCatholic.org](http://www.AmericanCatholic.org)