

# THE FOUR SIGNS OF A DYNAMIC CATHOLIC



HOW ENGAGING 1% OF CATHOLICS  
COULD CHANGE THE WORLD

MATTHEW KELLY



# THE FOUR SIGNS OF A DYNAMIC CATHOLIC

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THE STUDY GUIDE

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**MATTHEW KELLY**

# Introduction

The *Four Signs of a Dynamic Catholic* is one of the great Catholic books of our times, but it is so much more than a book. The ideas and concepts that fill its pages want to change your life and transform your parish.

Gathering in small groups to pray and study is at the heart of being Christian. Small groups were at the center of life for the first Christians, and at Dynamic Catholic we believe small groups are essential to the revitalization of the Catholic Church in the 21st century.

As you read and study this book together we hope you will join us in our efforts to encourage every Catholic to read this book.

We look forward to serving you in many ways as you continue in your spiritual journey.

May God bless you and all those you love,

The Dynamic Catholic Team

# Reading Schedule

## **Session One**

THE PROLOGUE &  
CHAPTER 1: INCREDIBLE POSSIBILITIES

Read pages 5-37

## **Session Two**

CHAPTER 2: ARE YOU SPIRITUALLY HEALTHY?

Read pages 41-71

## **Session Three**

CHAPTER 3: THE GENIUS OF CATHOLICISM

Read pages 75-106

## **Session Four**

CHAPTER 4: THE HAPPIEST PEOPLE I KNOW

Read pages 109-140

## **Session Five**

CHAPTER 5: CHANGING THE WORLD

Read pages 143-187

## **Session Six**

CHAPTER 6: A NEW LEVEL OF THINKING  
& THE EPILOGUE

Read pages 189-216

# Session One

## INCREDIBLE POSSIBILITIES

Reading: Prologue and Chapter One

### Opening Prayer:

Loving Father,

Open our hearts and minds  
and allow us to see the beauty of our faith.  
Show us what is possible and fill us with the grace, strength,  
and wisdom to live all the good things  
we explore here together.  
Send your Spirit upon us so that we can discover your dream  
for us to become the-best-version-of-ourselves,  
and have the courage to defend and celebrate this true self  
in every moment of our days.  
We ask you to bless in a special way the hungry, the lonely,  
the sick, and the discouraged.  
Remind us of our duty toward  
them and inspire us to be filled with a profound gratitude.  
We ask all this through your Son, Jesus.

Amen.

## Discussion Questions:

1. What idea from the first chapter of the book impacted you the most?
2. How do you sense God is calling you to grow at this time in your life?
3. Which of the Four Signs – Prayer, Study, Generosity, and Evangelization – is the strongest in your life today?
4. Which of the Four Signs is the weakest in your life today? Why?
5. How can you apply the concept of continuous improvement in your life to grow in the Four Signs?
6. At what time in your life were you most engaged in your Catholic faith?

## Closing Prayer:

### THE DYNAMIC CATHOLIC PRAYER

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Loving Father,  
I invite you into my life today  
and make myself available to you.  
Help me to become the-best-version-of-myself  
by seeking your will and becoming a living example  
of your love in the world.  
Open my heart to the areas of my life that need to change  
in order for me to carry out the mission  
and experience the joy you have imagined for my life.  
Inspire me to live the Catholic faith in ways that are  
dynamic and engaging.  
Show me how to best get involved in the life of my parish.  
Make our community hungry for best practices  
and continuous learning.  
Give me courage when I am afraid,  
hope when I am discouraged,  
and clarity in times of decision.  
Teach me to enjoy uncertainty and lead your Church  
to become all you imagined it would be  
for the people of our times.

Amen.

## **Announcements:**

- The reading assignment for our next gathering is Chapter Two.
- Let your family and friends know they can request a free copy of *The Four Signs of A Dynamic Catholic* by visiting [DynamicCatholic.com](http://DynamicCatholic.com).
- Our next gathering will be . . . (date, place, and time).



# Session Two

## ARE YOU SPIRITUALLY HEALTHY?

Reading: Chapter Two

### Opening Prayer:

Loving Father,

Open our hearts and minds  
and allow us to see the beauty of our faith.  
Show us what is possible and fill us with the grace, strength,  
and wisdom to live all the good things  
we explore here together.  
Send your Spirit upon us so that we can discover your dream  
for us to become the-best-version-of-ourselves,  
and have the courage to defend and celebrate this true self  
in every moment of our days.  
We ask you to bless in a special way the hungry, the lonely,  
the sick, and the discouraged.  
Remind us of our duty toward  
them and inspire us to be filled with a profound gratitude.  
We ask all this through your Son, Jesus.

Amen.

## Discussion Questions:

1. Can you tell when you are and are not spiritually healthy?  
What are the indicators?
2. Do you have a daily routine of prayer? If so, what is it? If not, what would you like it to be after reading this chapter?
3. How does prayer make life better for you?
4. How consistent is your prayer life? What prevents you from praying on days when you don't?
5. Have you tried The Prayer Process since you read about it? If so, how did it help you pray?
6. Does your family have a "prayerful giant?" Who is it?

## Closing Prayer:

### THE DYNAMIC CATHOLIC PRAYER

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and make myself available to you.  
Help me to become the-best-version-of-myself  
by seeking your will and becoming a living example  
of your love in the world.  
Open my heart to the areas of my life that need to change  
in order for me to carry out the mission  
and experience the joy you have imagined for my life.  
Inspire me to live the Catholic faith in ways that are  
dynamic and engaging.  
Show me how to best get involved in the life of my parish.  
Make our community hungry for best practices  
and continuous learning.  
Give me courage when I am afraid,  
hope when I am discouraged,  
and clarity in times of decision.  
Teach me to enjoy uncertainty and lead your Church  
to become all you imagined it would be  
for the people of our times.

Amen.

## **Announcements:**

- The reading assignment for our next gathering is Chapter Three.
- If you are enjoying the book, you may want to request some free copies of Matthew Kelly's CDs at [DynamicCatholic.com](http://DynamicCatholic.com).
- Our next gathering will be . . . (date, place, and time).

## Session Three

# THE GENIUS OF CATHOLICISM

Reading: Chapter Three

### Opening Prayer:

Loving Father,

Open our hearts and minds

and allow us to see the beauty of our faith.

Show us what is possible and fill us with the grace, strength,

and wisdom to live all the good things

we explore here together.

Send your Spirit upon us so that we can discover your dream

for us to become the-best-version-of-ourselves,

and have the courage to defend and celebrate this true self

in every moment of our days.

We ask you to bless in a special way the hungry, the lonely,

the sick, and the discouraged.

Remind us of our duty toward

them and inspire us to be filled with a profound gratitude.

We ask all this through your Son, Jesus.

Amen.

## Discussion Questions:

1. At what time in your life have you been hungriest for answers to questions about your Catholic faith? What caused that hunger?
2. What's the best Catholic book you ever read? How did it help you to grow in your faith?
3. What question about Catholicism would you like to find answers to? What steps are you going to take to get the answers to that question?
4. Describe a time in your life when you were not interested in knowing the truth about a particular issue or situation.
5. How do you see *Relativism* influencing you in your daily life? How do you see it impacting your family and friends?
6. At the end of this chapter the author encourages us to read five pages of a Catholic book every day for the rest of our lives. How would your faith life be different five years from now if you took on this habit?

## Closing Prayer:

### THE DYNAMIC CATHOLIC PRAYER

---

Loving Father,  
I invite you into my life today  
and make myself available to you.  
Help me to become the-best-version-of-myself  
by seeking your will and becoming a living example  
of your love in the world.  
Open my heart to the areas of my life that need to change  
in order for me to carry out the mission  
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dynamic and engaging.  
Show me how to best get involved in the life of my parish.  
Make our community hungry for best practices  
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Give me courage when I am afraid,  
hope when I am discouraged,  
and clarity in times of decision.  
Teach me to enjoy uncertainty and lead your Church  
to become all you imagined it would be  
for the people of our times.

Amen.

## **Announcements:**

- The reading assignment for our next gathering is Chapter Four
- If you are enjoying this experience, please visit [DynamicCatholic.com](http://DynamicCatholic.com) to learn more about our mission and all the ways we are working to re-energize the Catholic Church.
- Our next gathering will be . . . (date, place, and time).



# Session Four

## THE HAPPIEST PEOPLE I KNOW

Reading: Chapter Four

### Opening Prayer:

Loving Father,

Open our hearts and minds  
and allow us to see the beauty of our faith.  
Show us what is possible and fill us with the grace, strength,  
and wisdom to live all the good things  
we explore here together.  
Send your Spirit upon us so that we can discover your dream  
for us to become the-best-version-of-ourselves,  
and have the courage to defend and celebrate this true self  
in every moment of our days.  
We ask you to bless in a special way the hungry, the lonely,  
the sick, and the discouraged.  
Remind us of our duty toward  
them and inspire us to be filled with a profound gratitude.  
We ask all this through your Son, Jesus.

Amen.

## **Discussion Questions:**

1. What are you grateful for at this time in your life?
2. Who is the most generous person you know? What are some examples of their generosity?
3. How did this chapter inspire you to become more generous?
4. What relationships really test your generosity?
5. Did this chapter inspire you to set a financial giving goal for this year?
6. Do you think you will be happier if you become more generous?  
If so, what holds you back from becoming more generous?

## Closing Prayer:

### THE DYNAMIC CATHOLIC PRAYER

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Loving Father,  
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and make myself available to you.  
Help me to become the-best-version-of-myself  
by seeking your will and becoming a living example  
of your love in the world.  
Open my heart to the areas of my life that need to change  
in order for me to carry out the mission  
and experience the joy you have imagined for my life.  
Inspire me to live the Catholic faith in ways that are  
dynamic and engaging.  
Show me how to best get involved in the life of my parish.  
Make our community hungry for best practices  
and continuous learning.  
Give me courage when I am afraid,  
hope when I am discouraged,  
and clarity in times of decision.  
Teach me to enjoy uncertainty and lead your Church  
to become all you imagined it would be  
for the people of our times.

Amen.

## **Announcements:**

- The reading assignment for our next gathering is Chapter Five.
- Matthew Kelly is one of the great Catholic voices of our times. If you are enjoying the book you should think about attending one of his events. Visit [DynamicCatholic.com](http://DynamicCatholic.com) to find out when he will be in your area.
- Our next gathering will be . . . (date, place, and time).

# Session Five

## CHANGING THE WORLD

Reading: Chapter Five

### Opening Prayer:

Loving Father,

Open our hearts and minds  
and allow us to see the beauty of our faith.  
Show us what is possible and fill us with the grace, strength,  
and wisdom to live all the good things  
we explore here together.  
Send your Spirit upon us so that we can discover your dream  
for us to become the-best-version-of-ourselves,  
and have the courage to defend and celebrate this true self  
in every moment of our days.  
We ask you to bless in a special way the hungry, the lonely,  
the sick, and the discouraged.  
Remind us of our duty toward  
them and inspire us to be filled with a profound gratitude.  
We ask all this through your Son, Jesus.

Amen.

## Discussion Questions:

1. If you could change one thing about the world, what would it be?
2. Did you watch the news with the Ten Commandments in front of you? What conclusions did you come to through this exercise?
3. At what times in your life do you feel like God has won you over to his ways the most? Are you open to letting God WIN you in new ways at this time in your life?
4. We all evangelize about different things. What types of things have you evangelized about in your life? Your phone... a vacation spot... a car... a handbag... shoes... a college?
5. Are you open to being SENT by God on a mission? Are you nervous about what God might ask of you if you make yourself completely available to him? Why?
6. What is the simplest way you can share your faith with others in the coming week?

## Closing Prayer:

### THE DYNAMIC CATHOLIC PRAYER

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Loving Father,

I invite you into my life today  
and make myself available to you.

Help me to become the-best-version-of-myself  
by seeking your will and becoming a living example  
of your love in the world.

Open my heart to the areas of my life that need to change  
in order for me to carry out the mission  
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Inspire me to live the Catholic faith in ways that are  
dynamic and engaging.

Show me how to best get involved in the life of my parish.

Make our community hungry for best practices  
and continuous learning.

Give me courage when I am afraid,  
hope when I am discouraged,  
and clarity in times of decision.

Teach me to enjoy uncertainty and lead your Church  
to become all you imagined it would be  
for the people of our times.

Amen.

## **Announcements:**

- The reading assignment for our next gathering is Chapter Six and the Epilogue.
- If you want a simple and powerful way to share the faith with other people, visit [DynamicCatholic.com](http://DynamicCatholic.com) and order six copies of this book for just \$18 (including shipping) and pass them around among your family and friends.
- Our next gathering will be . . . (date, place, and time).



# Session Six

## A NEW LEVEL OF THINKING

Reading: Chapter Six and the Epilogue

### Opening Prayer:

Loving Father,

Open our hearts and minds  
and allow us to see the beauty of our faith.  
Show us what is possible and fill us with the grace, strength,  
and wisdom to live all the good things  
we explore here together.  
Send your Spirit upon us so that we can discover your dream  
for us to become the-best-version-of-ourselves,  
and have the courage to defend and celebrate this true self  
in every moment of our days.  
We ask you to bless in a special way the hungry, the lonely,  
the sick, and the discouraged.  
Remind us of our duty toward  
them and inspire us to be filled with a profound gratitude.  
We ask all this through your Son, Jesus.

Amen.

## Discussion Questions:

1. At what time in your life did you feel the best about being Catholic? Why?
2. How would you like your parish to become more dynamic in the coming year? Are you willing to get involved and help make that happen?
3. Which of the key concepts in the book was most intriguing to you? Why?
4. How has this book changed your view of Catholicism and the way you approach your spiritual life?
5. Who else in your life would you like to read this book?
6. How would your parish change if everyone in your parish read this book?
7. Are you ready to let Jesus take you to the next level in your spiritual life?

## Closing Prayer:

### THE DYNAMIC CATHOLIC PRAYER

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Loving Father,

I invite you into my life today  
and make myself available to you.

Help me to become the-best-version-of-myself  
by seeking your will and becoming a living example  
of your love in the world.

Open my heart to the areas of my life that need to change  
in order for me to carry out the mission  
and experience the joy you have imagined for my life.

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Give me courage when I am afraid,  
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and clarity in times of decision.

Teach me to enjoy uncertainty and lead your Church  
to become all you imagined it would be  
for the people of our times.

Amen.

## **Announcements:**

- On behalf of all the team at Dynamic Catholic we want to thank you for taking an interest in your faith. We hope we can continue to serve you in powerful ways in the future. Please consider joining The Ambassadors Club to partner with us in this important mission.



**DynamicCatholic.com**

Be Bold. Be Catholic.

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