



# THE BETTER PART

A CHRIST-CENTERED RESOURCE FOR PERSONAL PRAYER

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# OVERVIEW

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## THE BETTER PART

### SUMMARY

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This Study Circle Guide is only a pointer to a ready-to-go resource perfect for ongoing study of the four Gospels: [\*The Better Part: A Christ-Centered Resource for Personal Prayer\*](#). This book was designed from the beginning to be useful for individuals, small groups, and even classrooms. It provides sufficient structure for effective small-group meetings, but avoids an overabundance of stifling material.

It focuses on understanding the four Gospels from the point of view of what do these sacred texts reveal to me about Jesus Christ and how to know, love, and follow him more completely?

The book provides various types of explanations of the Gospel texts – apologetics, historical, theological, spiritual—all woven together in a format designed to foster greater and better informed love for Christ and his Church.

### CATEGORIES OF INTEREST

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Catholic Doctrine; Bible; Prayer and Spiritual Growth; General

### RECOMMENDED NUMBER OF SESSIONS

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Using *The Better Part* for a Study Circle can happen in any number of ways. You can choose to use it for any specified period of time (a semester, Lent, Advent, etc...), or in an ongoing way (once a month, every week, every two weeks). *The Better Part* contains 303 Units, each of which has enough content for an entire session, so there is no shortage of material.

The number of sessions may be related to the choice of content. Since all four Gospels (with commentaries) are included in this book, you can use it to study one Gospel, or to study together the Gospel passage for the upcoming Sunday (good to do during Advent or Lent or the Easter season, for example, as a way to intensify other regular meetings, like the “Encounter with Christ”), or any other combination of slicing and dicing. Flexibility reigns in this resource.

### MATERIALS NEEDED

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- At least one copy of the book, *The Better Part*. Ideally, each participant would have a personal copy. But the relevant sections for each session could also simply be photocopied and distributed.
- **OPTIONAL:** At least one copy of the *Catechism of the Catholic Church*. At the end of each Unit in *The Better Part*, relevant articles from the *Catechism* are referenced. Reading these together can add a lot to the discussion and study. It may be a good idea for one participant (or for the moderator) to read all the references before the meeting, so as to be able to identify the one or two that would most stimulate the group discussion.
- **OPTIONAL:** “[\*The Better Part Group Study Guide\*](#)” published at [www.SpiritualDirection.com](http://www.SpiritualDirection.com) and available there as a free download. This is a leader’s guide that explains how to use *The Better Part* in a group discussion setting that emphasizes encountering Christ more than simply studying the Gospels. This Guide incorporates many of the principles used in the traditional *Regnum Christi Encounter with Christ*, but it does not include the review of a life-event. This Guide is short and extremely helpful for any small group activity. We recommend that everyone read through it.

### WHO CAN PARTICIPATE?

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Anyone. Since the Gospel passages themselves are included in the book, and since the focus of the discussion is always on the Gospel passages, this resource can be fruitful for beginners in the faith (even for inquirers) as well as for proficient and those who are advanced.

The questions for reflection and discussion at the end of each Unit reflect the Christ-centered and apostolic nature of the spirituality proper to the ecclesial movement *Regnum Christi*, but nothing in them would exclude or confuse any Catholic (or Christian, for that matter) who is eager to know, love, and follow Jesus more completely.



## NOTES

None. The resource is entirely self-contained. Each Unit consists of quotations from the saints, a Gospel passage, a four-part Christ-centered commentary, questions for reflection and discussion, and references to the *Catechism*.

The structure of a study session using this resource could be this simple (although individual groups could adjust it as they see fit):

1. Opening prayer
2. Reading aloud the Gospel passage
3. Either:
  - Time for silent reading and reflection of the commentary
  - Reading aloud together the commentary, then allow time for silent reflection
4. Discussing the passage and the commentary, either using the questions for reflection and discussion, or simply diving in according to the spontaneous reaction of the participants.
5. Conclusion
  - It is a good idea to vocalize at the end the major discoveries or insights that the discussion brought about.
  - It can also be a good idea to finish by vocalizing some personal commitments that can help the participants inject into their daily lives the wisdom they discovered in the passage. These commitments can be reviewed at the beginning of the next session.
  - Concluding prayer



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