



Embrace Sister Guide

“Thank you, women who are mothers! You have sheltered human beings within yourselves in a unique experience of joy and travail. This experience makes you become God's own smile upon the newborn child, the one who guides your child's first steps, who helps it to grow, and who is the anchor as the child makes its way along the journey of life.”

—From Pope John Paul II’s *Letter to Women*

Embrace is a 21-day retreat for all mothers!

We encourage you to find at least one sister, daughter, or friend and take this journey together. Below are a few steps to guide you in that daily walk.

Choosing a “Sister”

You’ll first need to decide prayerfully a sister in your life who would be willing to take the Embrace retreat with you. It could be an actual sister, a daughter, a friend, a colleague from work, someone from your parish Bible study or women’s group. Really take this to prayer before asking her. Embrace can be an amazing opportunity to deepen a relationship.

Our suggestions for a fruitful journey together:

1. Speak with each other daily for at least 5 min to share how your day went, and how the daily meditation and action item impacted your life.

2. Pray for each other.

Here's a sample prayer that you could offer for her:

Dear Father, I lift up _____ to You in prayer today. Please give her the courage, strength, and perseverance she needs to live as a woman fully alive. Please also grant her peace and comfort in the midst of the daily demands of life. May she, and all those dear to her, fulfill your will for this life, and be with you in the next. In Christ name I pray. Amen.

The Daily Check In

On your phone call:

1. **DISCUSS** the following:

- a. **TOUCH BASE** - Ask a sincere "how are you doing?" We encourage you to really share the successes/failures of the day.
- b. **INSPIRATION** - What struck you about the message today? In other words, what gave you hope, conviction, courage?
- c. **CHALLENGE** - What challenged you about the message today? In other words, what has given you pause, questions, or difficulties?
- d. **APPLICATION** - Think, Pray, Act. How did it go?

2. **PRAY** at the end of the phone call. Alternate who leads. Keep it as simple as you like, e.g. "Father, keep us on the path of a true motherhood. Forgive our failings, encourage our efforts, direct our desires, strengthen our hearts, bless our families, give us new joy. In Jesus name we pray."

If you commit to this daily sharing and support for each other, you'll quickly find that you're developing a deeper relationship founded on the solid rock of Christ. These are the relationships that last a lifetime.