

**PRAY**

Lord Jesus Christ, you did not think of yourself, you did not hold to your divine life, but became man. Let us recognize the beautiful mystery of devotion. Inspire us by your holy spirit, so that the spirit of selfishness might move away from our hearts and love move in and we be prepared in the depths of ourselves to be there for you and the others, without getting lost. Amen.

**CONTEMPLATE**

One person reads the Bible passage aloud.  
Short silence.

*Exchange: What particularly appealed to you?*

**STUDY**

1. Read DOCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).

**DISCUSS**

**Also discuss your own questions on this topic!**

**Treasure Book:** Take five minutes to write down what you don't want to forget.

**CHALLENGE**

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at [feedback@youcat.org](mailto:feedback@youcat.org).

**#DOCATChallenge:** Share your experience on Facebook or Instagram.

**Rom 7:15-17**

What I do, I do not understand. For I do not do what I want, but I do what I hate. Now if I do what I do not want, I concur that the law is good. So now it is no longer I who do it, but sin that dwells in me.

19

**Why is man's selfishness the core of every human sin?**

As long as man looks at himself egotistically, he wastes away. We are made in such a way that we are not enough for ourselves. We need human community and a liberating orientation towards the meaning and source of our being, ultimately towards God. We must go out of ourselves, because we are created for love. By loving, we go beyond ourselves, toward another person and ultimately toward God. Being turned in on oneself is synonymous with sinning. Someone who does not (or cannot) love is living in self-imposed alienation. This is true also for whole societies. Where production and consumption and prolonging life come first, there will be a lack of solidarity and real humanity.

1. Think about the word "stranger" in order to understand self-estrangement. What is the feeling like to be a stranger somewhere, to have to live in a foreign country, to be treated as a stranger?
2. Experiments have been conducted to raise a child without human contacts. They failed. Why does a man need the other (God, the other man) in order to bloom as a man?
3. Why is an Ich-AG\* (\*business start-up subsidy) a sinful concept? This is rather severely formulated.
4. In what way is a sin estranging you from other people? Why is the lie the end of any community?

Establish your own Ich-AG: Invite people to dinner — and invite such people you would usually not invite.

Do you take on this challenge?

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