

The Pray More Retreat Study Guide



A Few Things to Know About Dedication to Prayer

by Katie Warner

“We must meditate before, during and after everything we do. The prophet says: “I will pray, and then I will understand.” This is the way we can easily overcome the countless difficulties we have to face day after day, which, after all, are part of our work. In meditation we find the strength to bring Christ to birth in ourselves and in others.”

— Saint Charles Borromeo

Reflective Questions

- Just as we must feed our body nutritious foods to keep it healthy, we must pray in order that our souls will be healthy — and fed by God. How often do you feed your soul with prayer?
- How can you lead your family and friends to pray more? Can you pray more with them, and for them? Do you ask them what they need prayers for?
- When you dedicate yourself to prayer, you begin to see positive effects of prayer in all aspects of your life. Can you think of someone who has a prayer life you admire? What do they do to keep up with their dedication to prayer?
- Mother Teresa said we must rely on God 24-hours a day, because we cannot rely on ourselves. This is true. Can you think of times when you were relying on yourself instead of God? It’s easy to try to take control of situations, but try to remember that God is always in control, and ask Him for what you need in any given day to get through those situations.

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- Do you set an example that it is a priority for you to pray? If it has not been a priority in the past, what are the things that have been a priority for you? Do you need to do some re-prioritizing? :) Think of the things you need to detach from, and the obstacles that come between you and God. Lent is a perfect time to strip those things away from our lives so that we can spend more time in prayer with Him.