

The Pray More Retreat Study Guide



Four Saints That Will Change Your Life

by Tom Perna

Reflective Questions

- There were times when St. Teresa would forget to thank God for His blessings once He gave to her what she asked of him. Are there times when you forget to give thanks when God gives you what you've asked and prayed for?
- Do you make people closest to you feel loved by you, and do you share God's love with them?
- How can you be more patient with your family and friends, or with children?
- We're ultimately called to place others before ourselves. How can you do this on a daily basis?
- We're also called to help one another get to Heaven. What are you doing right now to help yourself and those closest to you get to Heaven?
- Are you ever ashamed to proclaim your faith and love for God? Think of the story of Bl. Karl of Austria, and how he teaches us to live a life of virtue and great faith -- which he was not ashamed of. He promised God he would not betray him. What holds you back from sharing your faith publicly with others?
- How can you use the blessings God has given you to serve those who are less fortunate?
- St. Gianna said she would rather die than commit serious sin. Do you take sin that seriously? What sort of example do you set for your family and friends when

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it comes to acknowledging your sinfulness and working on bettering yourself?

- St. Gianna realized the power of offering up to Jesus her sufferings and joys throughout her day. What brought you joy today, and what made you suffer the most today too? Pray that Jesus will use both of those things for His glory.
- Do you despair when you begin to suffer, or when you have been suffering for an extended period of time? The next time you begin to despair, remember St. Gianna's words: "I offer everything to Him," and repeat them yourself. Allow Jesus Christ to use your suffering, to enter into it with You, and to carry you through it.