

The Pray More Retreat Study Guide



Intentional Intercessory Prayer

by Kim Padan

“Therefore, since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us.” - Hebrews 12:1

Reflective Questions

- When someone asks you to pray for them, do you always remember to do that, or do you struggle to remember to pray for them and to remember their intentions? What are some ways you can be better at remembering to pray for them? Could you write it down in your calendar, or in your phone? Could you keep a notebook of the prayer intentions people have? What would work best for you, and can you commit to writing down & reading through those prayer intentions for the rest of Lent?
- How can you use technology like e-mail, or texts, or social media like Facebook to ask if you can pray for your family and friends? How can you use these means to let them know you're praying for them?
- After you pray for someone, where are some ways you can continue to support them? How can you check in with them to ask them how they're doing?
- Don't forget a prayer of Thanksgiving when a prayer is answered! :) Or if your family or friend's prayer was answered, what are some ways that you can, together, praise God for what He's done?
- Is there something — like some sort of work or hobby — that you do with your hands around your house, or at your job relatively often? How can you use that

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time, and those actions, to pray to God? Can you offer up those actions, or hobbies even?

- During the Year of Mercy, can you think of a special group of people that may be forgotten that could use your prayers? The imprisoned, the homeless, the ill, the dying, the abandoned? Who might God be wanting you, specifically, to pray for? Other ideas include: the unborn, our Parish Priests, those discerning the Religious life, and for all families and marriages that are struggling.
- It can be easy to think we know what someone else needs, and to pray for that. But challenge yourself to remember that only God knows what another person truly needs, and try to pray that God's loving & merciful will be done in that person's life — and that He will give them exactly what they need to get through their situation with great faith and hope.
- Don't be afraid to ask God for big and great things. Be confident that God can overcome any obstacle.