

The Pray More Advent Retreat

Inspiring talks to help you
prepare to celebrate the
birth of our Lord,
Jesus Christ



Discovering the Joy in Advent

by Sarah Reinhard

Reflective Questions

“First do what’s necessary; then do what’s possible,
and suddenly you are doing the impossible.”

-- Attributed to St. Francis of Assisi

- What do Advent and joy mean to you? What do they look like concretely in your life? Where do you discover the joy in Advent? In what ways are you more intentionally joyful? How is joy different from happiness for you?
- Are you overwhelmed by busyness of the Advent season as you prepare to celebrate Christmas? Can you let go of some things or and slow your impulse to multi-task so you can approach Christmas with wonder, joy, and gratitude?
- What is your, “season in life” spiritually, emotionally and physically? List three ways that you can “lighten up” on yourself and show yourself the tenderness of God’s mercy this Advent.
- Do you find it difficult to pray during this hectic time in life? If so, try to set aside a few minutes of silence every day to allow the Holy Spirit to work within your heart.
- Does the Advent season make you stressed? Are you too busy? Challenge yourself to spend more quality time with your family and friends and with God in prayer.
- How do you remain open to the work of the Holy Spirit?