

The Pray More Advent Retreat

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



How to Slow Down in Prayer During Advent

by Sarah Reinhard

Reflective Questions

“To eat little, work hard, have lots of concerns on our mind, and then to refuse to give our body sleep is to try to get much work out of a poor, emaciated horse without letting him graze.”

- St. Francis de Sales

- Take a look at your calendar. What nonessential activities can you cancel so you can slow down your life and make time for prayer this Advent?
- How often do you forget to tend to your own needs in order to get something done? Our lives are sacred to God, so you don't need to prove your worth to anyone! Prioritize prayer time into your routines. Ask God to give you a spirit of joyful trust in His love for you.
- Making time for prayer every day is difficult. It's easy to let other tasks become a priority. Think about your life and what would work best in your routine like saying prayers while doing chores, setting a timer to carve that time out for prayer during your day or it could be creating a space in your home for prayer. What does your prayer time look like to you? List three ways that you can incorporate prayer into your daily routine and make it a habit?
- The quote above by St. Francis de Sales offers us spiritual direction that is relevant to our always busy lives and the extra busy Advent season. Our hearts are often overburdened by too many tasks and too little time. Saint Francis calls us to understand that these are worldly concerns and they will not make a difference in the world to come. It is the virtue with which we

complete our tasks that will matter to God. So, ask God to bring peace to your heart so that you may know the worth of your work in heaven.

- What are unique or personal ways that you slow down in prayer? How do you prepare your heart for Advent?