

# The Pray More Advent Retreat

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



## Keeping it Real During Advent

by Sarah Reinhard

### Reflective Questions

“To remain in a state of prayer, it is not necessary to always be actively praying... Every action done for God rises to His throne as an act of homage. It constitutes a lifting up of our whole being to His supreme majesty, a recognition — which, although not always explicit, is nonetheless real — of His sovereign due, and is the filial act of the creature offering everything to his Creator and his Father.”

--Raoul Plus, S.J

“Direct every action to the Lord by saying,  
“Lord, I offer You this work, please bless it.”

-- St. John Bosco

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- Try a new devotion this Advent. Which devotion speaks to your heart that you would like to give a try? Examples: Divine Mercy Chaplet, the Rosary, reading the Bible more often, attending daily Mass, a prayer after meals, etc.
- Bless the ordinary & mundane tasks that you do each day. What is one thing that you do every day (examples: washing the dishes, washing your hands, walking up or down the stairs, leaving your house, etc.) that you can offer to God during this Advent? Think of how you can change your attitude while you're doing that thing so that you're doing it with more love. Maybe you do it without complaining. Or, you can do it more joyfully.

What can you do to change how you're doing that task so that it is a better offering to God?

- Can you think of some sort of art or some sort of music that is so beautiful that it lifts you to God? How can you incorporate more of that into your life this Advent so that you are thinking of Him more? Are there Advent songs you can listen to in your home instead of Christmas Carols? How about reading the lyrics of those Advent songs and reflecting on them in prayer?
- Keep it simple this Advent: how can you simplify your life this Advent so that you have more time to prepare for Jesus?