

The Pray More Advent Retreat

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



Six Ways to Keep Your Advent Season Holy, Part II

by Elizabeth Ficocelli

Reflective Questions

“I don’t need a church to tell me I’m wrong where I already know I’m wrong; I need a church to tell me I’m wrong where I think I’m right.”

-- G.K. Chesterton

- Martha sat at Jesus’ feet and listened to all that Jesus had to say. This Advent, what is a way that you can be more like Martha and experience Advent in a deeper, more profound way than you’ve ever experienced it? Ask God to help you push away secularism and materialism so that you can be rejuvenated interiorly this Advent.
- Do you have experiences of anxiety or shame in regards to your sins? Are you holding onto sins that you think are too great or that you’ve already confessed? If so, take the time to make a thoughtful confession during this Advent season and know that God will shower you with gift of His unconditional forgiveness and the many graces of personal fortification and love towards ourselves and others. Putting your sins at the feet of Jesus will bring you both peace and joy and will also prepare your heart for Christmas.
- Do you know the different types of sin? Challenge yourself to do a full examination of conscience so you can be sure you remember the various types of sins.
- Jesus said that the pathway to heaven is through serving the least among us. Do you make an effort to be neighborly and show those around you

neighborly love? What spiritual and corporal works of mercy can you do this Advent? Ask yourself, “How can I be more neighborly? How can I give of myself?”

- What are some of your favorite Advent traditions? Are there any new traditions that you would like to incorporate into your family to help you prepare your hearts for the coming of Jesus?