

The Pray More Advent Retreat

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



The Lifelong Journey of Holiness

by Constance Hull

Reflective Questions

“What I do, I do not understand.
For I do not do what I want, but I do what I hate.”

-- Saint Paul

- The above quote from St. Paul speaks of our sinful nature as fallen humans. What do you do that you don't understand or that you hate? Why do you hate it? What is it that you want to do when you begin each day?
- Have you seen the Lord's hand guiding you in holiness when you fall?
- What does holiness mean to you? Have you begun this journey towards holiness?
- In our current society, there is so much pressure on people to do everything on their own. To be a, “self-made man” or masters of our destiny. It is counterintuitive to our nature because we were made to be in communion with God -- to be with God. In your experience, what differences have you seen in your life when you depend on yourself more than on God and vice versa? How did these experiences bring you closer or further away from holiness? What can you do in the future to depend more on God and less on yourself?
- Have you been surprised by your weakness and by your failures? God knows that we are weak. It is important to recognize our weaknesses and turn them over to God and know that we need Jesus to overcome sin.

Challenge yourself during this Advent to pray and ask God to make you a saint and ask Him to help sanctify you as you struggle with sin in your daily life.

- Just like Jesus fell three times when carrying the cross during his passion, so too do we need to get back up after our failures. Reflect on Jesus' perseverance when carrying that heavy cross and the fact that he, too, needed help getting back up. We cannot allow ourselves to wallow in shame, anger or self-pity if we want to progress in our walk with the Lord.
- Pride is something that everyone struggles with. It is our pride that can often keep us from seeking forgiveness for our sins. If we keep our eyes fixed on Christ we will reach our goal of holiness only if we learn to seek forgiveness quickly. Do you struggle with pride in regards to sin? What could help you learn to seek forgiveness and take small steps towards holiness?