

# The Pray More Advent Retreat

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



## The Strange Ways God Heals Our Sufferings

by Constance Hull

### Reflective Questions

“One should fear nothing, but trust in the Lord. Let us leave all to the good God. He will draw us out of our difficulties if it is his will.”

-- Saint Julie Billiart

- How does God ask you to live the cross in your life? What are the heaviest crosses in your life?
- It is often in times of suffering and sorrow that God brings us healing and transforms us. It is in times of suffering that we walk deeper into holiness with God. Have you experienced a deepening of your faith during times of suffering?
- Is God calling you somewhere unexpected due to the difficulties in your life? If so, why is it unexpected?
- Are you suffering in silence due to a particular difficulty in your life? Challenge yourself during this Advent season to be open and vulnerable about your suffering. It could be an opportunity to help others who feel alone and to build a community of support.
- Just as the crucifixion and resurrection transformed sin, the cross is also transformative in our lives. Have you experienced any kind of transformation or increased closeness to God through times of difficulty and suffering?

- Do you recognize the gifts that God has given you in your life? Just for today can you accept your burdens as being a natural part of life?