

The Pray More Advent Retreat

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



Tuning in to the Thought Frequency of God

by Fr. Anthony Co

Reflective Questions

“God freely created us so that we might know, love, and serve him in this life and be happy with him forever. God’s purpose in creating us is to draw forth from us a response of love and service here on earth, so that we may attain our goal of everlasting happiness with him in heaven.

“All the things in this world are gifts of God, created for us, to be the means by which we can come to know him better, love him more surely, and serve him more faithfully.

“As a result, we ought to appreciate and use these gifts of God insofar as they help us toward our goal of loving service and union with God. But insofar as any created things hinder our progress toward our goal, we ought to let them go.”

— Ignatius of Loyola

- God sends us a desire, and that gets implanted in our hearts as a dream. What He wants us to do is to steward that dream; to protect it, nurture it and fan it. If we do well, then He will increase it and increase it. He will entrust big matters to us if we do well with the small matters He sends our way. Are there big dreams of yours that have yet to be realized? Is it possible that God is still waiting for you to take better care of the small matters He has sent and given to you? How can you do a better job of taking care of the small matters in your life, to show the Lord that you can be entrusted with more?

- God does not want us to let our dreams die. Our dreams are gifts from Him. He implanted these desires within our hearts. Is there one dream, or more, that you have allowed to die down over the years? A dream that you have given up? Take this Advent season as an opportunity to spend more time in prayer with the Lord talking about this dream of yours. Pray for His will to be done with this dream, and be open to moving forward, with faith, with this dream.

- When we say we can't do something for a reason like, "But I'm too old" or, "But I'm too busy," or, "But I don't know anything about that," or, "But I have no idea how to start something like that," then we are thinking that God is not as powerful as our limitations. Can you think of the last time, maybe just this last week, that you said you couldn't do something because of your own limitations? Try to replace that sentence the next time you're talking about your own limitations, and try to rely more on the Lord. Trust in how powerful He is. Pray and don't worry. How else can you "get over your but's" as Fr. Anthony Co suggests?

- Are there obstacles or distractions that are drowning out the voice of God in your life? Can you start to eliminate those, one at a time? What can you do away with today?

- The following thoughts are not from God:
 - I'm not good enough
 - I'm not smart enough
 - I'm not _____ enough
 - The next time one of these thoughts pop into your head, remind yourself that these are not from God, but from the enemy. Rebuke these thoughts. God created you in His image, and He thinks you're enough.