

The Pray More Lenten Retreat Study Guide

Engaging A Season of Struggle with a Spirit of Joy

by Fr. Ethan Moore

Reflective Questions

“Be who God meant you to be and you will set the world on fire.”

– Saint Catherine of Siena

- While it is true that Lent is a time of prayer and fasting it is easy to feel like we are struggling. It is important to love Lent because it offers us an opportunity to take a perspective of love that all the efforts that we are making are for the sake of growth in our loving relationship with Jesus. In the midst of your Lenten sacrifice are you nurturing your relationship with Jesus? If so, how?
- The goodness and the suffering in life can be something that reveals His love for you because everything is a gift from God. What gifts (good or bad) are you experiencing now? Reflect upon how God has spoken to you this Lent. How is He leading you in your life right now?
- Relationships are one of the many ways that we can encounter Jesus in our every day lives. Lent is a good time to make relationships about love. Jesus leads us through the people in our life but He is also calling us to be Him to the people in our life. This Lent, how can you intentionally reach out to people and offer who you are as a gift to others?
- The Lord puts desires in our hearts because he wants to fulfill your needs and help you to be joyful. What are the desires of your heart? Have any of your desires been fulfilled over time?
- God is present to us in our prayers. He is even present to us in the little fleeting, finite prayers of our every day lives. This Lent, enter into prayer and be happy because God loves us! During this retreat, may we be receptive to prayer that leads us to bring Him glory. How has your prayer-life been this Lent? Try to spend at least a few minutes in prayer every day during Lent.

- Do you recognize the gifts that God has given you? This lent, work on accepting your burdens as being a natural part of life.