

# **The Pray More Lenten Retreat Study Guide**

## **God Makes All Things New**

by Mary Lenaburg

### **Reflective Questions**

“As far as the east is from the west,  
so far have our sins been removed from us.”

-- Psalm 103:12

- Are you a people pleaser? Do you have sins that you are afraid to confess? Do you struggle with self-pride? Or have you confessed sins that you haven't forgiven yourself for even though God has forgiven you? Are you carrying around your sins? If so, this Lent, take time to prepare a full confession and allow God to restore you and your soul. Allow God to work through all those old hurts and regrets. Come to Him with a humble and contrite heart in confession and let Him love you.
- Have you every experienced goodness coming from your sins? After confessing a sin, has God made good come out of your sin in a form of redemption? If so, what happened?
- Has God ever put something on your heart through prayer that you never thought you would be able to do? If so, what was it? Why was this mysterious to you?
- Have you ever been living in a state of sin (knowingly or unknowingly) and been shown, through God's grace, the error of your ways? Have you ever been transformed by God's grace to really, "Go and sin no more"?
- Have you experienced mercy, grace, forgiveness, restoration and love through the sacrament of confession? If so, how did it change you and your spiritual life? If not, take the time and go to confession. Bring your shame and sin before the Lord, and allow God to forgive you. And then sit back and watch how He redeems it. Watch how He rewrites the story of that sin.