

The Pray More Lenten Retreat Study Guide

Mamma Mary with a Side of Silliness

by Fr. Ethan Moore

Reflective Questions

“From Mary we learn to surrender to God’s will in all things. From Mary we learn to trust when all hope is gone. From Mary we learn to trust her Son.”

– Saint John Paul II

- Referencing the words of Pope Benedict, “Heaven on earth is received when Christ is welcomed into our life.” Challenge yourself during Lent to welcome Christ into your life more deeply. What are some ways that you could open your heart to Jesus this Lent?
- Share your journey this Lent with Mary, she journeyed with Jesus more intimately than anyone else. She provided for him in Nazareth and in his everyday life. So too does Mary want to be there for us in our everyday lives! She is there to support us and to bring us to a strengthened love to her and to her son. Therefore, this Lent, try to share your heart with Mary. Pray a simple daily or weekly prayer or consider doing a full Consecration to Mary for yourself or your family.
- Just as Mary was there for Christ she is there for us in everything we do. And so, how can Mary be there for you? What are the needs of your heart? What are you struggling with? What intentions can you give to Mary? What can she offer up to Jesus on your behalf?
- It was through Mary’s formal, “yes”, at the Annunciation that Jesus took flesh in her womb. It is that same, “yes” that we share in as we devote ourselves to God’s will. We can only offer that yes from our hearts when we give freely (like Mary) in love and in truth. This Lent, say, “yes” to Jesus as Mary did in your prayers and in your everyday life. What are ways or opportunities that you can say, “yes” to Jesus and open your heart to Him this Lent?

- As we desire to make this Lent a journey of joy, may we enter into Lent, with Mary -- not by ourselves. She is the woman who brought Christ into the world and lived in union of heart and prayer with him. May we give our all to her as we do all for Jesus and Mary. How do you show your desire to, “give your all” to Jesus and Mary?