

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

## **Redemptive Suffering**

by Mary Lenaburg

### **Reflective Questions**

“If the angels were capable of envy, they would envy us for two things: one is the receiving of Holy Communion and the other is suffering.”  
(p. 1805, Jesus to Faustina)

- Suffering is a personal invitation from our Lord to enter into His passion & crucifixion. He’s asking us to come & join Him -- to come & be with Him. When we’re going through a hard time, it’s easy for us to draw closer to God. And then when that situation gets easier, we often don’t rely on the Lord as much as we did before things improved. Has this happened to you before? What is one instance or one situation during which the Lord really carried you through? How can you try to remember His presence in that instance even after the fact? Have you spent time in prayer to thank Him, to remember Him?
- Mary said in this talk that, “The cross is about God loving us. Redemptive suffering is about us loving God.” During Lent, we’re encouraged to take on redemptive suffering. Is there something you’ve been struggling to accept in your life lately? How can you take that on as redemptive suffering this Lent as an offer to our Lord?
- When Jesus was crucified, the Blessed Virgin Mary trusted and believed in God’s plan and unconditional love for her -- even in the midst of watching her son die before her. What are some ways you can offer up to the Lord the things in your life that are suffering right now? How can you offer those things up to the Lord the way that Mary offered up her son?
- Is there something you really don’t enjoy that you have to do often -- maybe something that you do every week or everyday even? The next time that you do it, try to remember to offer it up to our Lord and ask the Blessed Virgin Mary to bless it. It doesn't have to be a long prayer. It can be something as short as this: "As I do this today, Lord, please use my

efforts, my attitude, my work, today for your glory, your will, and for the holy souls in Purgatory. Mother Mary, please bless me and this work."