

The Pray More Lenten Retreat Study Guide

To Pray Like A Child

by Fr. Ethan Moore

Reflective Questions

“He walked with a joyful, calm face. ... Everywhere he went he went with laughter in his mouth.” – An Observer of Saint Francis Xavier

- The liturgical calendar is such a blessing for us to enter into fully. As our lives ebb and flow it is a way in which we can walk with the Lord. In what ways can you incorporate the liturgical calendar into your life more and live the seasons of the faith?
- The church wants us to take part in both the feasting and the fasting. Feasting and fasting create a balance in one another and create a fullness of life. Have you experienced a fullness of life in times of feasting or fasting? If so, what experience/s have you have?
- Jesus Christ, who experienced life as we do here on earth, wants us to share both our ordinary days and our extraordinary moments that we're given each and every moment with Him. Think about your every day life, do you share it with Jesus? If so, how? If you don't very often, challenge yourself to remember that He shares both the ordinary and extraordinary moments of your life no matter what!
- It's important to see how God prepares a way for us to encounter Him in the moments. Each moment of our life is an avenue of grace and opportunity to dive more deeply into love. Have you experienced the grace of an encounter with God? If so, what was that experience?
- During Lent we often give up something but it's important to remain cheerful as an act of love for Jesus. Dorothy Day said, “We have a duty to delight.” Challenge yourself to remain joyful regardless of any penance or sorrow you may endure this Lent. Why? Because Jesus is present to you! May we be present to Jesus, who provides us with experiences and opportunities to grow, giving our all to Him and embracing this life of love have given us.