

The Pray More Lenten Retreat Study Guide

Radical Love: Mother Teresa

by Mary Lenaburg

Reflective Questions

“Each person is Jesus in disguise.” – St. Mother Teresa of Calcutta

- This Lent, think about your family and think about what you could do to love them more. No family is perfect. Many families are broken in one way or another. Think about your family members and do something that will make them feel loved by you. It doesn't have to be a grand gesture; do a small thing with great love. To love is to sacrifice. Do you see a difference in your relationships?
- St. Mother Teresa of Calcutta was a champion of the poorest of the poor. What can you do this Lent to help the poor?
- Are you too busy to give enough of your time, attention and affection to your family members? Are you so busy with work, volunteering, parenting or some other activity to really be there for your family? Is your family suffering or is someone feeling unloved or lonely in your home? If so, think of how you can dial back on your commitments and make time to really be present and there for your family. If we love our families, we can change the world. Through our example of sacrificial love, our kids, our siblings, our neighbors will know they are loved. They will know they have worth and value; that someone cares.
- Smile more this Lent! Engage with those around you and give the gift of a smile to those you see every day.
- St. Mother Teresa lived in darkness and silence for many years. She didn't hear God's voice yet she still worked tirelessly to fulfill her, “call within a call” with a smile and a heart full of love. Lent is a penitential time for us. Use St. Mother Teresa's example of steadfastness as inspiration for you to keep your Lenten promises and offer whatever burdens you are carrying in life to Jesus through St. Mother Teresa's intercession.

- One of the tenets of Lent is charity. Challenge yourself to be charitable in your words and actions to all that you come in contact with. Not only that, humble yourself in your need. So you can say to others, “I need your help. Please walk with me in this.” In humbling yourself and allowing others to be charitable towards you, then love is served in that interaction. What could you ask someone to help you with that you have been struggling with?