

The Pray More Advent Retreat

Inspiring talks to help you
prepare to celebrate the
birth of our Lord,
Jesus Christ



Pray, Hope and Don't Worry

By Mary Lenaburg

“Beware that your hearts do not become drowsy from carousing and drunkenness and the anxieties of daily life, and that day catch you by surprise like a trap. For that day will assault everyone who lives on the face of the earth. Be vigilant at all times and pray that you have the strength to escape the tribulations that are imminent and to stand before the Son of Man.”

- Luke 21:34

Reflective Questions

1. When we cast our cares upon the Lord, He hears and answers our prayers. He knows everything about the situation you're currently facing. He is present to us. He is with us in Adoration. He is with us at Mass. He is with us in Scripture. How often do you visit the Lord in these places? How often do you look for Him there? How can you do more of one, or all of these, this season?
2. Mary shares with us that action is the enemy of anxiety and that it brings about hope. What is one thing causing you anxiety or worry in your life right now? What action can you take in regards to that situation? How can you move forward with faith?
3. St. Elizabeth Ann Seton said, “We know certainly that our God calls us to a holy life. We know that He gives us every grace, every abundant grace, and though we are so weak of ourselves, this grace is able to carry us through every obstacle and every difficulty.” Looking back at an event in your life when you were anxious, how do you see how God provided for you then?

4. What are some practical ways that you can worry less? If you can't think of one, we suggest trying to incorporate this prayer into your daily life: Jesus, I trust in You. Try to think of a few places around your home or work, or school, where you will say this prayer every day when you're in that place; like while you're in the parking lot, or while you're washing your hands, or opening your front door.