

# The Pray More Advent Retreat

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



## Back to the Basics, Part I Pursuing Happiness & Holiness

By Jon Leonetti

“It is Jesus that you seek when you dream of happiness; He is waiting for you when nothing else you find satisfies you; He is the beauty to which you are so attracted; it is He who provoked you with that thirst for fullness that will not let you settle for compromise; it is He who urges you to shed the masks of a false life; it is He who reads in your heart your most genuine choices, the choices that others try to stifle. It is Jesus who stirs in you the desire to do something great with your lives, the will to follow an ideal, the refusal to allow yourselves to be ground down by mediocrity, the courage to commit yourselves humbly and patiently to improving yourselves and society, making the world more human and more fraternal.”

– John Paul II

### Reflective Questions

1. What do you think about when you think of happiness?
2. True happiness is a radical encounter with Jesus. How is your relationship with Him? How have you had an encounter with Him that changed the direction of your life?
3. Jesus tells us that He will give us rest, and He invites us to come to Him when we are burdened and tired. How often have you done this before, how often have you gone to Jesus when you needed rest and comfort? How has He provided these things for you?
4. We exist to become saints. What are the roadblocks on the road to Heaven that are stopping you from becoming who you were created to be?

5. Think of the story of Brother Andre's life and the work that he did -- and how he did that work. What is it that you do everyday that you can do in the same way that Brother Andre carried out his work? How can you offer your work to the Lord, serving Him happily where you are?
6. Whatever gifts you were given, you were given them to give them back to God out of love. How can you do this? What gifts do you have?
7. All of the saints set aside time during their days to pray. Think about your day, and how you can give God more of your time this Advent.